WesleyLife Meals on Wheels - October 2025

Menu Instructions: Please circle your choices and return by 09/12/25 or as soon as possible. Mark an "X" over the day to CANCEL.

First and Last Name: _____

DELI MEALS		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday	
	СНО		СНО		СНО	· · · · · · · · · · · · · · · · · · ·	СНО	2	СНО		3 СНО			5 CHO
This Week's Deli Meal						(A) Bowl of Turkey Ham &	20	(A) Bratwurst Patty 🐂 🦉	2	(A) Cheesy Baked Ziti	28.9	(A) Herb Roasted Pork	1.1 (A) BBQ Beef Meatballs	24
Turkey & Cheese Wrap	23.2					White Bean Soup		Lettuce & Tomato		Tossed Salad (lettuce greens,	17	Brown Gravy	1.4 Cheesy Whipped Potatoes	21.9
Tossed Salad (lettuce greens,	3.4					Glazed Carrots		Roasted Red Potatoes		carrots, celery, cherry tomatoes)		Rice Pilaf	27.1 Mixed Vegetables	13.2
carrots, celery, cherry tomatoes)						Cornbread		Green Beans		Whole Wheat Bread		Broccoli	4.1 Whole Wheat Bread	12
Pasta Salad	25.4					Banana		Hamburger Bun		Peach Crisp		Whole Wheat Bread	12 Tropical Fruit	34.7
Milk	11.3					Milk	11.3	Mandarin Oranges		Chocolate Milk		Diced Pears	16.6 Milk	11.3
Mustard	0.3					Margarine	0	Movemeire		Salad Dressing		Milk	11.3 Margarine	0
Mayonnaise Solod Drossing	1.7							Mustard		Margarine		Margarine		
Salad Dressing	1.7					(D) Poof Figoto Moo 9		Mustard	0.3	(P) Poef Enghilade		(P) Chieken & Dies	26.3	
						(B) Beef Fiesta Mac & Cheese	18	(B) Baked Chicken Breast		(B) Beef Enchilada Casserole	18.1	(B) Chicken & Rice Casserole	(B) Glazed Ham	3.5
	СНО		6 CHO	7	СНО		СНО	\ \ \	CHO		СНО			12 CHO
This Week's Deli Meal	CITO	(A) Swedish Meatballs		(A) Salisbury Steak		(A) Beef Taco		(A) Baked Chicken Breast	0	(A) Pulled Pork Sandwich		(A) Chicken & Rice		
Cranberry Chicken Salad	19	Buttered Penne Pasta				Lettuce & Tomato		Mayonnaise	0	BBQ Sauce		Casserole	26.3 (A) Bean & Cheese Casserole	35.9
Pasta Salad	-	Broccoli				Spanish Rice		Lettuce/Tomato/Onion	2.8	Bush's Baked Beans		Broccoli	4.1 Taco Sauce	1.8
Hamburger Bun		Whole Wheat Bread				Bush's Black Beans		Macaroni & Cheese		Mixed Vegetables		Whole Wheat Bread	12 Green Beans	6.9
Diced Pears		Diced Peaches		Whole Wheat Bread		Flour Tortilla		Coleslaw		Hamburger Bun		Diced Peaches	14.7 Whole Wheat Bread	12
Milk		Milk			16.6			Hamburger Bun		Diced Pears	16.6		11.3 Applesauce	16.6
		Margarine	0	• •		Taco Sauce		Milk		Chocolate Milk		Margarine	0 Milk	11.3
				Margarine	0							J	Margarine	0
				(B) Bean & Cheese				(B) Hamburger	2				(B) Salisbury Steak	3.8
		(B) Chicken & Rice		Casserole	35.9			Ketchup	2.5			(B) Swedish Meatballs	9.9 Brown Gravy	2.8
		Casserole	26.3	Taco Sauce	1.8	(B) Chicken Taco	3.2	Mustard	0.3	(B) Maid-Rite Sandwich	8.0	Buttered Penne Pasta	21.2 Baked Sweet Potato	31.4
	СНО	1	3 CHO	14	СНО	15	СНО	16	СНО	17	7 CHO	18	8 CHO 1	19 CHO
This Week's Deli Meal		(A) BBQ Rib Patty	15.1	(A) Meatball Sub Sandwich	14.6	(A) Honey Mustard Chicken	8.4	(A) Beef Meatloaf w/Tomato	18.5	(A) Beef & Spanish Rice	20.7	(A) Breaded Chicken Patty	16 (A) Philly Chicken w/Onions	5
Egg Salad 🦉	7.5	Baked Sweet Potato	31.4	Shredded Mozzarella	8.0	Roasted Red Potatoes	13.6	Glaze	10.5	Casserole	20.7	Ketchup	2.5 & Peppers	
Whole Wheat Bread (2)		Baked Beans	36.3			Mixed Vegetables		Scalloped Potatoes		Tossed Salad (lettuce greens,	1 7	Baked Sweet Potato	31.4 Whole Kernel Corn	21.3
Tossed Salad (mixed lettuce	1 7	Hamburger Bun				Multi-Grain Bread		California Vegetables		carrots, celery, cherry tomatoes)		Baked Beans	36.3 Green Peas	129
greens, cucumber, tomatoes)	'.,	Cinnamon Applesauce		Hot Dog Bun		Chocolate Pudding		Wheat Roll		Cornbread		Hamburger Bun	21.6 Hot Dog Bun	30
Pasta Salad	25.4	Milk	11.3		14.7		11.3			Apple Crisp		Cinnamon Applesauce	16.7 Diced Peaches	14.7
Milk	11.3			Milk	11.3	Margarine	0	Margarine	0	Chocolate Milk	30.6	Milk	11.3 Milk	11.3
Salad Dressing	1.7									Margarine	0			
			4.0				4 -			Salad Dressing	1.7			440
		(B) Breaded Chicken Patty		(B) Philly Chicken w/	1	(B) Roasted Turkey		(B) Baked Chicken Breast		(B) Bowl of Broccoli &	14.9	(D) DDO Dib Datte	(B) Meatball Sub Sandwich	
	СНО	Ketchup	2.5 20 CHO	Onions & Peppers	CHO	Poultry Gravy	2.9 CHO		21.5 CHO	Cheese Soup	4 CHO	(B) BBQ Rib Patty	15.1 Shredded Mozzarella 5 CHO 2	0.8 26 CHO
This Week's Deli Meal	СПО	(A) Beef Hot Dog		(A) Sweet & Sour Chicken		(A) Bowl of Split Pea &		(A) Glazed Ham		(A) Potato Crusted Pollock		(A) Polish Sausage	(A) Toriyaki Moatballe	10.5
Chef's Salad*		Scalloped Potatoes		Fried Rice		Turkey Ham Soup	24,4	Cheesy Whipped Potatoes		Tartar Sauce		w/Onions & Peppers	9.9 Fried Rice	22
*Turkey, Egg, Cheddar	5.4	Hot Dog Bun				-		Mixed Vegetables		Macaroni & Cheese		Scalloped Potatoes	16 Stir Fry Vegetables	6.4
Cheese, Tomato, Mixed		Tropical Fruit		Whole Wheat Bread		Green Beans		Wheat Roll		Tossed Salad (lettuce greens,		Hot Dog Bun	30 Whole Wheat Bread	12
Greens, and Carrots		Milk				Wheat Roll		Diced Peaches		carrots, celery, cherry tomatoes)	1.7	Tropical Fruit	34.7 Pineapple Tidbits	23.6
Whole Wheat Bread	12	Ketchup	2.6	· ·		Banana		Milk		Whole Wheat Bread	12	Milk	11.3 Milk	11.3
Orange Fruited Gelatin		Mustard						Margarine		Diced Pears		Ketchup	2.6 Margarine	0
Milk	11.3					Margarine	0			Chocolate Milk		Mustard	0.3	
Ranch Dressing	2.5									Margarine/Salad Dressing	0/1.7			
Margarine		(B) Polish Sausage						(B) Beef Patty	2	(B) Baked Chicken Breast	0		2	
		w/Onions & Peppers 🦑 🤚	9.9	(B) Teriyaki Meatballs	10.5	(B) Vegetable Frittata		Brown Gravy		Poultry Gravy	1.4	(B) Beef Hot Dog	(B) Sweet & Sour Chicken	25
	СНО	2	7 CHO	+ ` '	СНО	, ,	СНО	30	СНО	3′	1 CHO			
This Week's Deli Meal		(A) Cheese Ravioli	19.5	(A) Ground Beef Stroganoff	8.9	(A) Chicken & Noodles		(A) Sloppy Joe	6.8	(B) Beef Hot Dog	3			
Caesar Salad*		Marinara Sauce			21.3	Mixed Vegetables		Roasted Red Potatoes		Ketchup	2.5			
*Turkey, Mixed Salad Greens,	1 /1 M	Green Peas				Tossed Salad (lettuce greens,	1 1	Garden Vegetables		Mustard	0.3			
Parmesan, Caesar Dressing,		Sliced Carrots		Whole Wheat Bread		carrots, celery, cherry tomatoes)		Hamburger Bun		Potato Salad	25.9			
Croutons		Garlic Bread				Whole Wheat Bread		Tropical Fruit		Green Beans	6.8			
Potato Salad		Fruit Cocktail				Mixed Fruit Crisp	49.6	Milk	11.3	Hot Dog Bun	26			
Wheat Roll		Milk	11.3	Margarine	0	Milk	11.3			Chocolate Milk	30.6			
Milk	11.3					Margarine	0							
					•	Salad Dressing	1./	(D)						
		(D) Turkey Tetre!-:	20.0	(B) Baked Chicken Breast	U 2 C	(B) Beef Spaghetti	07.7	(B) Korean BBQ Pulled Pork		(D) Hawkad Objets - Osting!				
		(B) Turkey Tetrazzini	∠∪.७	Tomato Basil Sauce	J.Ö	Casserole	21.1	Sandwich	∠.9	(B) Herbed Chicken Spiedies	5 U.3			
		PLEASE NOT	ΓE: To c	hange vour menu option, car	ncela	a meal, or are unable to be h	nome f	for delivery, please call 515-	<mark>699-3</mark>	240 by 11:00 a.m. the prior	busine	ss day to avoid a fee.		