

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	
<i><u>This Week's Deli Meal</u></i> Turkey & Cheese Wrap 🥗 <i>Tossed Salad (lettuce greens, carrots, celery, cherry tomatoes)</i> Pasta Salad Milk Mustard Mayonnaise Salad Dressing	CHO		CHO		CHO	1 CHO	CHO	2 CHO	CHO	3 CHO	CHO	4 CHO	CHO	5 CHO	CHO
	23.2							2			28.9	1.1		24	
	3.4							1			1.7	1.4		21.9	
								13.6			12	27.1		13.2	
	25.4							6.8			4.1	4.1		12	
	11.3							21.6			47.3	12		34.7	
								31.2			30.6	16.6		11.3	
	0.3							11.3			1.7	11.3		0	
	0							0			0	0			
	1.7							0.3							
						18		0		18.1	26.3		3.5		
<i><u>This Week's Deli Meal</u></i> Cranberry Chicken Salad 🥗 Pasta Salad Hamburger Bun Diced Pears Milk	CHO	6 CHO	CHO	7 CHO	8 CHO	9 CHO	CHO	10 CHO	CHO	11 CHO	CHO	12 CHO	CHO	CHO	CHO
	19		9.9	3.8	3.2	0	0	0	0	26.3	26.3	35.9	26.3	35.9	35.9
	22.2		21.2	2.8	1	0	0	2.8	11.6	4.1	4.1	1.8	4.1	1.8	1.8
	21.6		4.1	31.4	20.2	2.8	2.8	36.3	36.3	12	12	6.9	12	6.9	6.9
	16.6		12	6.9	24	16.9	16.9	13.2	21.6	14.7	14.7	12	14.7	12	12
	11.3		14.7	12	17.8	10	10	21.6	16.6	11.3	11.3	16.6	11.3	16.6	16.6
			11.3	16.6	11.3	21.6	11.3	30.6	0	0	0	0	0	0	0
			0	11.3	1.8	0.3	2.5		9.9	21.2	21.2	3.8	2.8	3.8	3.8
			26.3	35.9	3.2	0.3	0.3		21.2	0.8	0.8	2.8	2.8	2.8	2.8
				1.8								31.4	31.4	31.4	31.4
<i><u>This Week's Deli Meal</u></i> Egg Salad 🥗 Whole Wheat Bread (2) <i>Tossed Salad (mixed lettuce greens, cucumber, tomatoes)</i> Pasta Salad Milk Salad Dressing	CHO	13 CHO	CHO	14 CHO	15 CHO	16 CHO	CHO	17 CHO	CHO	18 CHO	CHO	19 CHO	CHO	CHO	CHO
	7.5		15.1	14.6	8.4	18.5	18.5	20.7	20.7	16	16	4	16	4	4
	24		31.4	0.8	13.6	16	16	2.5	1.7	2.5	2.5	21.3	2.5	21.3	21.3
	1.7		36.3	21.3	13.4	5.9	5.9	31.4	31.4	36.3	36.3	129	36.3	129	129
	25.4		21.6	129	14	18.4	18.4	21.6	22.5	21.6	21.6	30	21.6	30	30
	11.3		16.7	30	29.5	11.3	11.3	16.7	51	16.7	16.7	14.7	16.7	14.7	14.7
			11.3	11.3	0	0	0	11.3	30.6	11.3	11.3	11.3	11.3	11.3	11.3
					1.5	0	0		1.7			14.6		14.6	14.6
			16		2.9	21.5	21.5		14.9	15.1	15.1	0.8	15.1	0.8	0.8
			2.5	4											
<i><u>This Week's Deli Meal</u></i> Chef's Salad* 🥗 <i>*Turkey, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Whole Wheat Bread Orange Fruited Gelatin Milk Ranch Dressing Margarine	CHO	20 CHO	CHO	21 CHO	22 CHO	23 CHO	CHO	24 CHO	CHO	25 CHO	CHO	26 CHO	CHO	CHO	CHO
	5.4		3	25	24.4	3.5	3.5	15	15	9.9	9.9	10.5	10.5	10.5	10.5
			16	22	21.3	21.9	21.9	0.7	0.7	16	16	22	22	22	22
			30	6.4	6.9	13.2	13.2	16.9	16.9	30	30	6.4	6.4	6.4	6.4
			34.7	12	18.4	12	12	1.7	1.7	34.7	34.7	12	12	12	12
			11.3	23.6	27	11.3	34.7	1.7	1.7	34.7	34.7	23.6	23.6	23.6	23.6
			2.6	11.3	11.3	11.3	11.3	12	12	11.3	11.3	11.3	11.3	11.3	11.3
			0.3	0	0	0	0	16.6	16.6	2.6	2.6	0	0	0	0
								0/1.7	0/1.7	0.3	0.3				
			9.9	10.5	11.1		2	1.4	0	3					
<i><u>This Week's Deli Meal</u></i> Caesar Salad* 🥗 <i>*Turkey, Mixed Salad Greens, Parmesan, Caesar Dressing, Croutons</i> Potato Salad Wheat Roll Milk	CHO	27 CHO	CHO	28 CHO	29 CHO	30 CHO	CHO	31 CHO	CHO						
	9.7		19.5	8.9	28.1	6.8	6.8	3	3						
	25.9		5.6	21.3	13.2	15.3	15.3	2.5	2.5						
			13	4.1	1.7	11.6	11.6	0.3	0.3						
			7.2	12	1.7	21.6	21.6	25.9	25.9						
			15.8	17.6	12	34.7	34.7	6.8	6.8						
			17	11.3	49.6	11.3	26	26							
			11.3	0	11.3	11.3	30.6	30.6							
				0	1.7	0									
			20.6	3.8	27.7	2.9	0.3								

PLEASE NOTE: To change your menu option, cancel a meal, or are unable to be home for delivery, please call 515-699-3240 by 11:00 a.m. the prior business day to avoid a fee.

Entree contains >700 mg Sodium 🥗

CHO Denotes grams of Carbohydrate

Elise A. Compston, RD, LD

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🍖 Denotes pork in recipe