

WesleyLife Meals on Wheels - June 2025

Menu Instructions: Please circle your choices and return by 05/16/25 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	
<b><u>This Week's Deli Meal</u></b> Chicken Caesar Salad* 🍴 <i>*Chicken, Mixed Salad Greens, Parmesan, Caesar Dressing</i> Croutons Pasta Salad Applesauce Milk	CHO 8.8  5.1 22.1 16.6 11.3	<b>(A) Scalloped Potatoes &amp; Turkey-Ham</b> Sliced Carrots Multi-Grain Bread Apple Crisp Milk Margarine  <b>(B) Chicken A La King Mashed Potatoes</b>	2 9.6 7.2 14 40.5 11.3 0  11.4 14.8	<b>(A) Chicken Cacciatore</b> Penne Pasta Green Peas Multi-Grain Bread Fruit Coctail Milk  <b>(B) Meatballs w/Mushroom Gravy</b>	3 3.3 21.2 13 14 17 11.3  10.1	<b>(A) Beef Meatloaf with Tomato Glaze</b> Scalloped Potatoes California Vegetables Wheat Roll Diced Pears Milk Margarine  <b>(B) Creamy Baked Chicken Breast</b>	4 18.5 16 5.9 18.4 16.6 11.3 0  2.8	<b>(A) Roasted Turkey Poultry Gravy</b> 🍴 Mashed Potatoes Mixed Vegetables Wheat Roll Tropical Fruit Milk Margarine  <b>(B) Glazed Ham</b> 🍴🐷	5 1.5 1.4 14.8 13.2 18.4 34.7 11.3 0  3.5	<b>(A) Sliced Turkey Swiss Cheese Lettuce/Tomato/Onion</b> 🍴 Broccoli Salad Whole Wheat Bread (2) Mandarin Oranges Chocolate Milk Mayonnaise Mustard <b>(B) Honey Mustard Chicken Salad Sandwich</b>	6 1.1 0.4 2.8 3 24 31.2 30.6 0 0.3 19.3	<b>(A) Chicken A La King Mashed Potatoes</b> Sliced Carrots Multi-Grain Bread Apple Crisp Milk Margarine  <b>(B) Scalloped Potatoes &amp; Turkey-Ham</b>	7 11.4 14.8 7.2 14 40.5 11.3 0  9.6	<b>(A) Meatballs w/Mushroom Gravy</b> Penne Pasta Green Peas Multi-Grain Bread Fruit Coctail Milk  <b>(B) Chicken Cacciatore</b>	8 10.1 21.2 13 14 17 11.3  3.3
<b><u>This Week's Deli Meal</u></b> Asian Chicken Salad* <i>*Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing</i> Carrot Raisin Salad Wheat Roll Pineapple Tidbits Milk	CHO 7.3  13.9 17 23.6 11.3	<b>(A) Beef Spaghetti Casserole</b> Sliced Carrots Whole Wheat Bread Peach Crisp Milk Margarine  <b>(B) Chicken Marinara Casserole</b>	9 CHO 27.7 7.2 12 47.3 11.3 0  30.5	<b>(A) Polish Sausage w/Onions &amp; Peppers</b> 🍴🐷 Whole Kernel Corn Hot Dog Bun Hot Spiced Apples Milk  <b>(B) Philly Chicken w/ Onions &amp; Peppers</b> 🍴	10 CHO 7.2 21.3 26 23.7 11.3  4	<b>(A) Chicken Fajitas</b> Cilantro Lime Rice Bush's Black Beans Flour Tortilla Diced Peaches Milk  <b>(B) Beef Taco Shredded Cheese Lettuce &amp; Tomato Taco Sauce</b>	11 CHO 1.7 22.8 24 17.8 14.7 11.3 3.2 0.4 1 1.8	<b>(A) Sloppy Joe</b> Baked Potato Tossed Salad ( <i>lettuce greens, carrots, celery, cherry tomatoes</i> ) Hamburger Bun Tropical Fruit Milk/Margarine Sour Cream/Salad Dressing <b>(B) Pulled Chicken Sandwich BBQ Sauce</b>	12 CHO 6.8 21.3 1.7 21.6 34.7 11.3 1.9/1.7 0 11.6	<b>(A) Potato Crusted Pollock Tartar Sauce</b> Baked Sweet Potato Green Beans Whole Wheat Bread Peanut Butter Cookie Chocolate Milk Margarine  <b>(B) Herb Roasted Pork Brown Gravy</b>	13 CHO 15 0.7 31.4 6.9 12 14.6 30.6 0 1.1 1.4	<b>(A) Chicken Marinara Casserole</b> Sliced Carrots Whole Wheat Bread Peach Crisp Milk Margarine  <b>(B) Beef Spaghetti Casserole</b>	10 CHO 30.5 7.2 12 47.3 11.3 0 0 27.7	<b>(A) Philly Chicken w/ Onions &amp; Peppers</b> Whole Kernel Corn Hot Dog Bun Hot Spiced Apples Milk  <b>(B) Polish Sausage w/Onions &amp; Peppers</b> 🍴🍴🍴	11 4 21.3 26 23.7 11.3  7.2
<b><u>This Week's Deli Meal</u></b> Chef Salad* 🍴 <i>*Turkey, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Pasta Salad Pineapple Tidbits Milk Ranch Salad Dressing	CHO 5.4  22 23.6 11.3 2.5	<b>(A) Chili Shredded Cheese Baked Potato</b> Broccoli Cornbread Milk Applesauce Margarine Sour Cream <b>(B) Swedish Meatballs Mashed Potatoes</b>	16 CHO 5.7 0.9 21.3 4 22.5 11.3 16.6 0 1.7 9.9 14.8	<b>(A) Parmesan Chicken Breast Buttered Egg Noodles</b> Green Beans Cornbread Fruit Coctail Milk  <b>(B) Italian Beef Noodle Casserole</b>	17 CHO 1.7 20.2 6.8 15.8 17 11.3  18.9	<b>(A) Bratwurst Patty Lettuce &amp; Tomato</b> 🍴🐷 Roasted Red Potatoes Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk Mayonnaise Mustard  <b>(B) Baked Chicken Breast</b>	18 CHO 2 1 13.6 21.3 21.6 31.2 11.3 0 0.3 0	<b>(A) Hamburger Stew</b> Sliced Carrots Multi-Grain Bread Hot Spiced Apples Milk Margarine  <b>(B) Enchilada Casserole</b>	19 CHO 13 7.5 14 23.7 11.3 0 35.9	<b>(A) Open Faced Turkey Sandwich</b> 🍴 Mashed Potatoes w/Gravy Tossed Salad ( <i>lettuce greens, carrots, celery, cherry tomatoes</i> ) Whole Wheat Bread Diced Peaches Chocolate Milk Margarine/Salad Dressing <b>(B) Country Fried Steak Country Gravy</b>	20 CHO 16.8 16.2 1.7 12 14.7 30.6 0/1.7 16.1 4.9	<b>(A) Swedish Meatballs Mashed Potatoes</b> Broccoli Cornbread Milk Applesauce Margarine Sour Cream <b>(B) Chili Shredded Cheese Baked Potato</b>	21 CHO 9.9 14.8 4 22.5 11.3 16.6 0 1.7 5.7 0.9 21.3	<b>(A) Italian Beef Noodle Casserole Buttered Egg Noodles</b> Green Peas Garlic Bread Fruit Coctail Milk  <b>(B) Parmesan Chicken Breast</b>	22 CHO 18.9 20.2 13 15.8 17 11.3  1.5
<b><u>This Week's Deli Meal</u></b> Berry Almond Chicken Salad* <i>*Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries</i> Green Pea Salad Wheat Crackers Cinnamon Applesauce Milk Balsamic Vinaigrette	CHO 17.8  16.5 7.7 16.7 11.3 5.4	<b>(A) Beef Hot Dog Mustard</b> 🍴 Whole Kernel Corn Hot Dog Bun Hot Spiced Apples Milk  <b>(B) Meatball Sub Sandwich</b>	23 CHO 3 0.3 21.3 26 23.7 11.3  14.6	<b>(A) Honey Mustard Chicken</b> Baked Sweet Potato Garden Vegetables Wheat Roll Milk Margarine  <b>(B) Apple Glazed Pork</b>	24 CHO 8.4 31.4 11.6 18.4 11.3 0  8	<b>(A) Cheese Ravioli Marinara Sauce</b> Seasoned Peas Harvard Beets Garlic Bread Diced Pears Milk  <b>(B) Lasagna Casserole</b>	25 CHO 19.5 5.6 13.1 19.7 15.8 16.6 11.3 0 24.3	<b>(A) Hamburger Lettuce/Tomato/Onion Ketchup</b> Roasted Red Potatoes Coleslaw Hamburger Bun Diced Peaches Milk  <b>(B) BBQ Rib Patty</b> 🐷	26 CHO 2 2.8 2.5 13.6 10 21.6 14.7 11.3 15.1	<b>(A) Pulled Pork Sandwich BBQ Sauce</b> 🐷 Bush's Baked Beans Mixed Vegetables Hamburger Bun Chocolate Milk  <b>(B) Chicken Salad Sandwich</b>	27 CHO 0 11.6 36.3 13.2 21.6 30.6  7.1	<b>(A) Meatball Sub Sandwich</b> Whole Kernel Corn Hot Dog Bun Hot Spiced Apples Milk  <b>(B) Beef Hot Dog Mustard</b> 🍴	28 14.6 21.3 26 23.7 11.3  3 0.3	<b>(A) Apple Glazed Pork</b> Baked Sweet Potato Garden Vegetables Wheat Roll Milk Margarine  <b>(B) Honey Mustard Chicken</b>	29 CHO 8 31.4 11.6 18.4 11.3 0  8.4
<b><u>This Week's Deli Meal</u></b> Southwest Chicken Salad 🍴 <i>*Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce</i> Wheat Roll Diced Peaches Milk Ranch Salad Dressing	CHO 12  17 14.7 11.3 2.5	<b>(A) Country Fried Steak Country Gravy</b> Mashed Potatoes Brussels Sprouts Multi-Grain Bread Sugar Cookie Milk Margarine  <b>(B) Baked Chicken Breast Balsamic Onion Sauce</b>	30 CHO 16.1 4.9 14.8 8.3 12.3 17.4 11.3 0 0 10.7												

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

Elise A. Compston, RD, LD

Denotes pork in recipe 🐷