WesleyLife Meals on Wheels - July 2025

Menu Instructions: Please circle your choices and return by 6/13/25 or as soon as possible. Mark an "X" over the day to CANCEL.

First and Last Name: _____

DELI MEALS	CHO	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				1	CHO	2	CHO	3	CHO	4	CHO	5	CHO	6	CHO
This Week's Deli Meal				**(A) Breaded Chicken Patty**	16	**(A) Potato Crusted Pollock**	15	**(A) Sloppy Joe**	6.8	**(A) Baked Chicken Breast**	0	**(A) Baked Chicken Breast**	0	**(A) Bratwurst Patty**	2
Asian Chicken Salad*	7.3			Baked Beans	36.3	**Tartar Sauce**	0.7	Baked Potato	21.3	**Tomato Basil Sauce**	3.8	**Balsamic Onion Sauce**	10.7	Baked Beans	36.3
**Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing*				Hamburger Bun	21.6	Macaroni & Cheese	16.9	Tossed Salad *(lettuce greens, carrots, celery, cherry tomatoes)*	1.7	Whole Kernel Corn	21.3	Mashed Potatoes	14.8	Hamburger Bun	21.6
				Diced Peaches	14.7	Green Beans	6.8			Sliced Carrots	7.5	Brussels Sprouts	8.3	Diced Peaches	14.7
				Milk	11.3	Whole Wheat Bread	12	Hamburger Bun	21.6	Whole Wheat Bread	12	Multi-Grain Bread	12.3	Milk	11.3
				Mayonnaise	0	Cinnamon Applesauce	16.7	Chocolate Chip Cookie	19.1	Diced Pears	16.6	Sugar Cookie		Mayonnaise	0
Carrot Raisin Salad	13.9					Milk	11.3	Milk/Margarine	11.3	Chocolate Milk	30.6	Milk	11.3		
Wheat Roll	17					Margarine	0	Sour Cream	1.9	Margarine	0	Margarine	0		
Pineapple Tidbits	23.6					Tartar Sauce	0.7	Salad Dressing	1.7	**Closed. Delivered on July 1st**					
Milk	11.3							**(B) Pulled Pork Sandwich**	11.6			**(B) Country Fried Steak**	16.1		
				(B) Bratwurst Patty	2	**(B) Western Baked Beef**	9.6	**BBQ Sauce**		**(B) Beef Taco Macaroni**	23.6	**Country Gravy**	4.9	**(B) Breaded Chicken Patty**	16
	CHO	7	CHO	8	CHO	9	CHO	10	CHO	11	CHO	12	CHO	13	CHO
This Week's Deli Meal		**(A) Philly Chicken w/**	4	**(A) Cheese Ravioli**	19.5	**(A) Swedish Meatballs**	9.9	**(A) Glazed Ham**	3.5	**(A) Beef Spaghetti Casserole**	27.7	**(A) Beef Hot Dog**	3	**(A) Chicken & Rice**	26.3
Southwest Salad	12	**Onions & Peppers**		**Marinara Sauce**	5.6	Egg Noodles	20.2	Cheesy Whipped Potatoes	21.9			**Ketchup**	2.5	**Casserole**	
**Turkey, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce*		Whole Kernel Corn	21.3	Green Peas	13	Broccoli	2	Mixed Vegetables	13.4	Green Beans	6.8	Whole Kernel Corn	21.3	Green Peas	13
		Hot Dog Bun	26	Sliced Carrots	7.2	Multi-Grain Bread	14	Wheat Roll	18.4	Tossed Salad *(lettuce greens, carrots, celery, cherry tomatoes)*	1.7	Hot Dog Bun	26	Sliced Carrots	7.2
		Cinnamon Applesauce	16.7	Garlic Bread	15.8	Butterscotch Pudding	27.1	Tropical Fruit	34.7			Cinnamon Applesauce	23.7	Garlic Bread	15.8
Whole Wheat Bread	17	Milk	11.3	Diced Pears	16.6	Milk	11.3	Milk	11.3	Whole Wheat Bread	12	Milk	11.3	Diced Pears	16.6
Diced Peaches	14.7			Milk	11.3	Margarine	0	Margarine	0	Diced Peaches	14.7			Milk	11.3
Milk	11.3									Chocolate Milk	30.6				
Ranch Salad Dressing	2.5									Salad Dressing	1.7				
		(B) Beef Hot Dog	3	**(B) Chicken & Rice**				**(B) Beef Patty**	2	Margarine	0	**(B) Philly Chicken w/ Onions**	4	**(B) Cheese Ravioli**	19.5
		Ketchup	2.5	**Casserole**	26.3	**(B) Chicken Cacciatore**	3.3	**Brown Gravy**	1.4	**(A) Chicken & Noodles**	28.1	**& Peppers**		**Marinara Sauce**	5.6
	CHO	14	CHO	15	CHO	16	CHO	17	CHO	18	CHO	19	CHO	20	CHO
This Week's Deli Meal		**(A) Parmesan Chicken**	1.7	**(A) Bowl of Turkey Ham &**	20	**(A) Honey Mustard Chicken**	8.4	**(A) Hamburger**	2	**(A) Liver & Onions**	13.8	**(A) Beef Fiesta Macaroni**	18	**(A) Bowl of Broccoli Cheese**	14.9
Sliced Turkey Breast	12	**Breast**		**White Bean Soup**		Baked Sweet Potato	31.4	**Lettuce/Tomato/Onion**	2.8	**Brown Gravy**	1.4	Brussels Sprouts	8.3	**Soup**	
Swiss Cheese		**Buttered Egg Noodles**	20.2	Glazed Carrots	12	Garden Vegetables	11.6	**Ketchup**	2.5	Mashed Potatoes	14.8	Multi-Grain Bread	12.3	Glazed Carrots	12
Lettuce/Tomato/Onion		Brussels Sprouts	8.3	Cornbread	22.5	Whole Wheat Bread	12	Macaroni & Cheese	16.9	Mixed Vegetables	13.2	Diced Peaches	14.7	Cornbread	22.5
Mixed Vegetables		Multi-Grain Bread	12.3	Applesauce	16.6	Diced Pears	16.6	Coleslaw	10	Whole Wheat Bread	12	Milk	11.3	Applesauce	16.6
Whole Wheat Bread (2)	17	Diced Peaches	14.7	Milk	11.3	Milk	11.3	Hamburger Bun	21.6	Tapioca Pudding	28.9	Margarine	0	Milk	11.3
Carnival Cookie	14.7	Milk	11.3	Margarine	0	Margarine	0	Fruit Cocktail	17	Chocolate Milk	30.6			Margarine	0
Milk	11.3	Margarine	0					Milk	11.3	Margarine	0				
Mustard	2.5											**(B) Parmesan Chicken**	1.7		
Mayonnaise	0	**(B) Beef Fiesta Mac &**		**(B) Bowl of Broccoli Cheese**				**(B) Baked Chicken Breast**	0	**(B) Beef Meatballs**		**Breast**		**(B) Bowl of Turkey Ham &**	20
		Cheese	18	**Soup**	14.9	**(B) Apple Glazed Pork**	8	**Mayonnaise**	0	**w/Mushroom Gravy**	10.9	**Buttered Egg Noodles**	20.2	**White Bean Soup**	
	CHO	21	CHO	22	CHO	23	CHO	24	CHO	25	CHO	26	CHO	27	CHO
This Week's Deli Meal		**(A) Beef Meatloaf w/Tomato**	18.5	**(A) Garlic Rosemary**	0.9	**(A) Open Faced Turkey**	16.8	**(A) Beef Taco**	3.2	**(A) Chicken Cacciatore**	3.3	**(A) Baked Chicken Breast**	0	**(A) Herb Roasted Pork**	1.1
Caesar Salad*		**Glaze**		**Chicken**	13.6	**Sandwich**		**Shredded Cheese**	0.4	**Penne Pasta**	21.2	**Savory Apricot Sauce**	9	**Brown Gravy**	1.4
**Turkey, Mixed Salad Greens, Parmesan, Caesar Dressing, Croutons*	9.7	Scalloped Potatoes	16	Roasted Red Potatoes	21.3	Mashed Potatoes w/Gravy	16.2	**Lettuce & Tomato**	1	Tossed Salad *(lettuce greens, carrots, celery, cherry tomatoes)*	1.7	Scalloped Potatoes	16	Roasted Red Potatoes	13.6
		California Vegetables	5.9	Whole Kernel Corn	18.4	Glazed Carrots	12	Cilantro Lime Rice	22.8			California Vegetables	5.9	Whole Kernel Corn	21.3
		Wheat Roll	18.4	Wheat Roll	16.6	Whole Wheat Bread	12	Bush's Black Beans	24	Green Beans	6.9	Wheat Roll	18.4	Wheat Roll	18.4
Garlic Bread	15.8	Diced Pears	16.6	Applesauce	11.3	Tropical Fruit	34.7	Flour Tortilla	17.8	Garlic Bread	15.8	Diced Pears	16.6	Applesauce	16.6
Sugar Cookie	17.4	Milk	11.3	Milk	0	Milk	11.3	Diced Peaches	14.7	Sugar Cookie	17.4	Milk	11.3	Milk	11.3
Milk	11.3	Margarine	0	Margarine		Margarine	0	Milk	11.3	Chocolate Milk	30.6	Margarine	0	Margarine	0
								Taco Sauce	1.8	Salad Dressing	1.7				
		(B) Baked Chicken Breast	0	**(B) Herb Roasted Pork**	1.1	**(B) Country Fried Steak**	16.1					**(B) Beef Meatloaf w/Tomato**	18.5	**(B) Garlic Rosemary**	
		Savory Apricot Sauce	9	**Brown Gravy**	1.4	**Country Gravy**	4.9	**(B) Chicken Fajita**	1.7	**(B) Goulash**	18.9	**Glaze**		**Chicken**	0.9
	CHO	28	CHO	29	CHO	30	CHO	31	CHO						
This Week's Deli Meal		**(A) Polish Sausage**	7.2	**(A) Salisbury Steak**	3.8	**(A) Chicken & Noodles**	28.1	**(A) Roasted Turkey**	1.5						
Honey Mustard Chicken Salad		**w/Onions & Peppers**		**Brown Gravy**	2.8	Green Peas	13	**Poultry Gravy**	1.4						
Tossed Salad (lettuce greens, carrots, celery, cherry tomatoes)	19.3	Scalloped Potatoes	16	Baked Sweet Potato	31.4	Whole Wheat Bread	12	Roasted Red Potatoes	13.6						
		Hot Dog Bun	26	Green Beans	6.8	Hot Spiced Apples	23.7	Whole Kernel Corn	21.3						
Whole Wheat Bread		Fruit Cocktail	17	Multi-Grain Bread	14	Milk	11.3	Wheat Roll	18.4						
Diced Peaches		Milk	11.3	Cinnamon Applesauce	16.7	Margarine	0	Tropical Fruit	34.7						
Milk	11.3			Milk	11.3			Milk	11.3						
Salad Dressing	1.7			Margarine	0				0						
Margarine	0														
		(B) Beef Hot Dog	3	**(B) Potato Crusted Pollock**	15			**(B) Beef Patty**	2						
		Ketchup	2.5	**Tartar Sauce**	0.7	**(B) Vegetable Frittata**	11.1	**Brown Gravy**	1.4						

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

Denotes pork in recipe