



September 17 – December 7, 2018

MENU

ORDER FORM

Please check one menu item for each day listed.

MONDAYS

Sept. 17, Oct. 15, Nov. 12



Swedish Meatballs

Turkey Breast w/Gravy

← OR →

|



TUESDAYS

Sept. 18, Oct. 16, Nov. 13



Chicken Stir-Fry

Beef Taco

← OR →

|



WEDNESDAYS

Sept. 19, Oct. 17, Nov. 14



Boneless Pork Spare Rib

Lemon Pepper Tilapia

← OR →

|



THURSDAYS

Sept. 20, Oct. 18, Nov. 15



Spaghetti Bake

Stuffed Mushroom

← OR →

|



FRIDAYS

Sept. 21, Oct. 19, Nov. 16



Smothered Chicken

Beer Battered Cod

← OR →

|



Complete your MENU in three steps:

1. Check one box under each of the days listed to select your meal choice.
2. Sign and date the back of the MENU to confirm your choices.
3. Give your completed MENU to the Meals On Wheels volunteer on your next delivery day.

MONDAYS

Sept. 24, Oct. 22, Nov. 19



BBQ
Pulled
Pork

Ranch
Baked
Chicken
Thigh

← OR →



TUESDAYS

Sept. 25, Oct. 23, Nov. 20



Chicken
Enchilada
Bake

Citrus
Salmon

← OR →



WEDNESDAYS

Sept. 26, Oct. 24, Nov. 21



Hamburger

Veggie
Egg
Bake

← OR →



THURSDAYS

Sept. 27, Oct. 25 ~~Nov. 22~~



Chicken
Parmesan

Bean and
Ham Soup

← OR →



FRIDAYS

Sept. 28, Oct. 26, ~~Nov. 23~~



Beef
Stew

Haddock
with
Tomato

← OR →



Please select one meal for each of the days listed.
 If no selection is made, you will receive the meal on the left.
Meals On Wheels will be closed for Thanksgiving Thursday & Friday, Nov. 22 & 23. There will be no meal delivery those days.

MONDAYS

Oct. 1, Oct. 29, Nov. 26



Shredded Turkey w/Gravy		Roast Beef w/Gravy
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



TUESDAYS

Oct. 2, Oct. 30, Nov. 27



Pork Loin w/Chutney		Balsamic Salmon
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



WEDNESDAYS

Oct. 3, Oct. 31, Nov. 28



Stuffed Shells		Turkey & Provolone Sandwich
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



THURSDAYS

Oct. 4, Nov. 1, Nov. 29



Southwest Chicken		Denver Egg Bake
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



FRIDAYS

Oct. 5, Nov. 2, Nov. 30



Meatloaf w/Gravy		Mushroom Baked Pork Chop
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



All meals provide 1/3 of the Recommended Dietary Allowances (RDA), meet the USDA's Dietary Guidelines for Americans and adhere to federal meal pattern requirements. This menu was planned and prepared under the supervision of a registered dietician.

**Meals subject to change.*



1004 S. Taylor Drive
Sheboygan, WI 53081
920.451.7011
FreshMealsOnWheels.org

NAME: _____

ROUTE: _____

My meal choices are enclosed.

SIGNATURE: _____

DATE: _____

MONDAYS

Oct. 8, Nov. 5, Dec. 3



Beef Tips	Chicken with Gravy	
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



TUESDAYS

Oct. 9, Nov. 6, Dec. 4



Ham and Pineapple	Baked Cod	
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



WEDNESDAYS

Oct. 10, Nov. 7, Dec. 5



Sloppy Joe	Tuna Melt	
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



THURSDAYS

Oct. 11, Nov. 8, Dec. 6



Baked Montreal Chicken	Pork Cutlet	
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



FRIDAYS

Oct. 12, Nov. 9, Dec. 7



Single Brat	Black Bean Burger	
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>

