



Feb. 3, - April 24, 2020

# MENU

## ORDER FORM

Check one menu item for each day.

♥ = Heart healthy choices

### MONDAYS

Feb. 3, March 2, March 30



♥		
Swedish Meatballs		Chicken Parm
←		→
OR		
<input type="checkbox"/>		<input type="checkbox"/>



### TUESDAYS

Feb. 4, March 3, March 31



Boneless Pork Spare Rib		♥ Haddock
←		→
OR		
<input type="checkbox"/>		<input type="checkbox"/>



### WEDNESDAYS

Feb. 5, March 4, April 1



♥		
Almond Chicken		Salisbury Steak
←		→
OR		
<input type="checkbox"/>		<input type="checkbox"/>

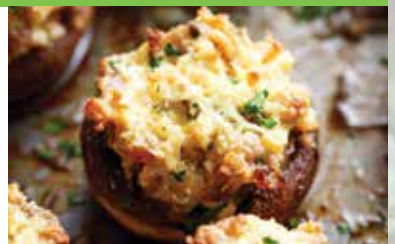


### THURSDAYS

Feb. 6, March 5, April 2



Pizza Bake		♥ Stuffed Mushroom
←		→
OR		
<input type="checkbox"/>		<input type="checkbox"/>



### FRIDAYS

Feb. 7, March 6, April 3



♥		
Honey Mustard Chicken		Beer Battered Cod
←		→
OR		
<input type="checkbox"/>		<input type="checkbox"/>



**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**

**Feb. 10, March 9, April 6**



BBQ Pulled Pork		♥ Veggie Burger
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



**TUESDAYS**

**Feb. 11, March 10, April 7**



♥ Roast Beef		Smothered Chicken
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



**WEDNESDAYS**

**Feb. 12, March 11, April 8**



♥ Turkey à la King		Stuffed Pepper Soup
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



**THURSDAYS**

**Feb. 13, March 12, April 9**



Pork Tenderloin		♥ Lemon Pepper Tilapia
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



**FRIDAYS**

**Feb. 14, March 13, April 10**



♥ Chicken Enchilada Bake		Tuna Melt
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>





Please select one meal for each set of options. If no selection is made, you will receive the meal on the left.

♥ = Heart healthy choices

## MONDAYS

Feb. 17, March 16, April 13



Pork Loin  
with  
Gravy

←

OR

♥  
Balsamic  
Salmon

→



## TUESDAYS

Feb. 18, March 17, April 14



Chili

←

OR

♥  
Turkey  
with  
Chutney

→



## WEDNESDAYS

Feb. 19, March 18, April 15



♥  
Stuffed  
Shells

←

OR

Denver  
Egg  
Bake

→



## THURSDAYS

Feb. 20, March 19, April 16



♥  
Chicken  
Paprika

←

OR

Beef  
Stew

→



## FRIDAYS

Feb. 21, March 20, April 17



Meatloaf  
with  
Ketchup

←

OR

♥  
Baked  
Cod

→



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: \_\_\_\_\_

♥ = Heart healthy choices

**MONDAYS**

**Feb. 24, March 23, April 20**



♥		
Chicken with Gravy		Ham Balls
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



**TUESDAYS**

**Feb. 25, March 24, April 21**



♥		
Goulash		Tuna Casserole
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



**WEDNESDAYS**

**Feb. 26, March 25, April 22**



Single Brat		♥ Bruschetta Turkey Burger
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



**THURSDAYS**

**Feb. 27, March 26, April 23**



♥		
Shredded Montreal Chicken		Mushroom Baked Pork Chop
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



**FRIDAYS**

**Feb. 28, March 27, April 24**



Beef Stroganoff		♥ Salmon
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>

