



August 19 - November 8, 2019

MENU

ORDER FORM

Please check one menu item for each day listed.

MONDAYS

Aug. 19, Sept. 16, Oct. 14



Fiesta Chicken

Beef Taco

← OR →

|



TUESDAYS

Aug. 20, Sept. 17, Oct. 15



Boneless Pork Spare Rib

Baked Cod

← OR →

|



WEDNESDAYS

Aug. 21, Sept. 18, Oct. 16



Meatballs w/ Gravy

Shredded Turkey

← OR →

|



THURSDAYS

Aug. 22, Sept. 19, Oct. 17



Spaghetti Bake

Stuffed Mushroom

← OR →

|



FRIDAYS

Aug. 23, Sept. 20, Oct. 18



Honey Mustard 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

Aug. 26, Sept. 23, Oct. 21



BBQ Pulled Pork		Chicken Brat
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



TUESDAYS

Aug. 27, Sept. 24, Oct. 22



Pork Tenderloin		Veggie Egg Bake
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



WEDNESDAYS

Aug. 28, Sept. 25, Oct. 23



Beef Chop Suey		Haddock w/Tomato
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



THURSDAYS

Aug. 29, Sept. 26, Oct. 24



Smothered Chicken		Bean and Ham Soup
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



FRIDAYS

Aug. 30, Sept. 27, Oct. 25



Chicken Enchilada Bake		Cabbage Roll Casserole
←	OR	→
<input type="checkbox"/>		<input type="checkbox"/>



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

Note: Meals On Wheels will be closed Monday, Sept. 2 for Labor Day. There will be no meal delivery that day.

MONDAYS

~~Sept. 2~~, Sept. 30, Oct. 28



Pork Loin
w/ Gravy

Balsamic
Salmon

← OR →



TUESDAYS

Sept. 3, Oct. 1, Oct. 29



Chili

Denver
Egg Bake

← OR →



WEDNESDAYS

Sept. 4 Oct. 2, Oct. 30



Stuffed
Shells

Turkey
Ala King

← OR →



THURSDAYS

Sept. 5, Oct. 3, Oct. 31



Meatloaf
w/Ketchup

Lemon
Pepper
Tilapia

← OR →



FRIDAYS

Sept. 6, Oct. 4, Nov. 1



Ranch
Baked
Chicken
Thigh

Beef
Stew

← OR →



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

Sept. 9, Oct. 7, Nov. 4



Ham and
Pineapple

Chicken
w/Gravy

← OR →



TUESDAYS

Sept. 10, Oct. 8, Nov. 5



Sloppy
Joe

Tuna
Melt

← OR →



WEDNESDAYS

Sept. 11, Oct. 9, Nov. 6



Shredded
Montreal
Chicken

Mushroom
Baked
Pork Chop

← OR →



THURSDAYS

Sept. 12, Oct. 10, Nov. 7



Beef
Tips

Salmon

← OR →



FRIDAYS

Sept. 13, Oct. 11, Nov. 8



Single
Brat

Turkey
Burger

← OR →

