



March 4, 2019 – May 24, 2019

# MENU ORDER FORM

Please check one menu item  
for each day listed.

## MONDAYS

March 4, April 1, April 29



Swedish  
Meatballs

Turkey  
Breast  
w/Gravy

←

OR

→



## TUESDAYS

March 5, April 2, April 30



Chicken  
Stir Fry

Beef  
Taco

←

OR

→



## WEDNESDAYS

March 6, April 3, May 1



Boneless  
Pork  
Spare Rib

Tilapia  
Florentine

←

OR

→



## THURSDAYS

March 7, April 4, May 2



Spaghetti  
Bake

Stuffed  
Mushroom

←

OR

→



## FRIDAYS

March 8, April 5, May 3



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**

**March 11, April 8, May 6**



|                           |                           |
|---------------------------|---------------------------|
| Honey Mustard Pulled Pork | Ranch Baked Chicken Thigh |
| ← <b>OR</b> →             |                           |
| <input type="checkbox"/>  | <input type="checkbox"/>  |



**TUESDAYS**

**March 12, April 9, May 7**



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



**WEDNESDAYS**

**March 13, April 10, May 8**



|                          |                          |
|--------------------------|--------------------------|
| Hamburger                | Veggie Egg Bake          |
| ← <b>OR</b> →            |                          |
| <input type="checkbox"/> | <input type="checkbox"/> |



**THURSDAYS**

**March 14, April 11, May 9**



|                          |                                |
|--------------------------|--------------------------------|
| Smothered Chicken        | Pork Cutlet w/Mushroom & Onion |
| ← <b>OR</b> →            |                                |
| <input type="checkbox"/> | <input type="checkbox"/>       |



**FRIDAYS**

**March 15, April 12, May 10**



|                          |                          |
|--------------------------|--------------------------|
| Beef Stew                | Haddock w/Tomato         |
| ← <b>OR</b> →            |                          |
| <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.

## MONDAYS

March 18, April 15, May 13



Shredded Turkey w/Gravy | Roast Beef w/Gravy  
← OR →  
 |



## TUESDAYS

March 19, April 16, May 14



Pork Loin w/Chutney | Balsamic Salmon  
← OR →  
 |



## WEDNESDAYS

March 20, April 17, May 15



Stuffed Shells | Bean and Ham Soup  
← OR →  
 |



## THURSDAYS

March 21, April 18, May 16



Chicken w/Gravy | Denver Egg Bake  
← OR →  
 |



## FRIDAYS

March 22, April 19, May 17



Meatloaf w/Ketchup | Lemon Pepper Tilapia  
← 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**

**March 25, April 22, May 20**



Beef  
Tips

BBQ  
Chicken

← OR →




**TUESDAYS**

**March 26, April 23, May 21**



Ham and  
Pineapple

Baked Cod

← OR →




**WEDNESDAYS**

**March 27, April 24, May 22**



Sloppy  
Joe

Salmon

← OR →




**THURSDAYS**

**March 28, April 25, May 23**



Shredded  
Montreal  
Chicken

Mushroom  
Baked  
Pork Chop

← OR →




**FRIDAYS**

**March 29, April 26, May 24**



Single  
Brat

Black  
Bean  
Burger

← OR →


