


# Week 4

**Monday** Nov. 6 & Dec. 4




Salisbury Steak with Gravy

Choose One

A  B

♥



BBQ Shredded Turkey

**Tuesday** Nov. 7 & Dec. 5



Chicken Enchilada Bake

Choose One


A  B

♥



Lemon Dill Pollock

**Wednesday** Nov. 8 & Dec. 6




Pork Tenderette with Cheese

Choose One


A  B

♥



Spinach Lasagna

**Thursday** Nov. 9 & Dec. 7




Swedish Meatballs

Choose One


A  B

♥



Dijon Baked Tilapia

**Friday** Nov. 10 & Dec. 8




Chicken Pot Pie

Choose One

A  B

♥



Denver Egg Bake

Connect the dots and see what woodland creature came to pay you a visit.



Did you know?  
Squirrels get their diets from nut-ritionists.

## 920-451-7011

clientservices@freshmealsonwheels.org

1004 S. Taylor Drive. Sheboygan, WI 53081

FreshMealsOnWheels.org

NAME: \_\_\_\_\_ RT: \_\_\_\_\_



October 16, 2023 - December 8, 2023

# MENU

This menu cycle will start Monday, October 16. Please call with your choices as soon as possible to allow us time to enter it into our system. Your meal pattern will not change based on meal selection.

**Call ahead if you need to cancel a meal.** If you need to cancel a meal, call us no later than 9 a.m. the business day before your cancellation. If you cancel after this deadline, you will be charged for the meal.

**Let us know if you won't be home for delivery.** If you won't be home for a delivery, please call us. We can leave it in your refrigerator, deliver it to a neighbor, or make other arrangements. If we haven't heard from you, we will call your emergency contact and, if necessary, ask the police to do a wellness check.

- To make your selections:**
1. Choose either option A or B for each day listed.  
♥ = Heart Healthy Choice
  2. Call Meals On Wheels at 920-451-7011 to give us your meal choices.
  3. Keep this menu for future reference.

If you'd rather not call with your selections, you may give your completed menu to the driver on your next delivery. **If we don't receive your choices before the menu start date, you will receive option A until we do.**

**If you have any questions, or know someone else who needs meals call us at 920-451-7011.**

**Enjoy your meals!**



Meals and delivery are subject to change without notice.

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 dietitian.



**Leaves will be falling soon.** We want to help stock your pantry in case there is inclement weather and meal delivery gets canceled. If you are interested, give us a call.

# Week 1



**Monday** **Oct. 16 & Nov. 13**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Roast Beef with Gravy		Teriyaki Salmon



**Tuesday** **Oct. 17 & Nov. 14**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Hawaiian Chicken		Pork Chop with Sauerkraut



**Wednesday** **Oct. 18 & Nov. 15**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Honey Mustard Ham		Santa Fe Casserole

**Thursday** **Oct. 19 & Nov. 16**



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Tater Tot Casserole		Lemon Pepper Cod

**Friday** **Oct. 20 & Nov. 17**



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Caprese Chicken		Grilled Brat with Onion

# Week 2



**Monday** **Oct. 23 & Nov. 20**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Chicken Cordon Bleu		Garlic Butter Pollock



**Tuesday** **Oct. 24 & Nov. 21**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
BBQ Pulled Pork		Veggie Hash Egg Bake



**Wednesday** **Oct. 25 & Nov. 22**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Beef Stew		Old Bay Haddock

**Thursday** **Oct. 26 & ~~Nov. 23~~**



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Chicken Divan		Ham Loaf with Raisin Sauce

**Friday** **Oct. 27 & ~~Nov. 24~~**



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Cheeseburger		Tilapia Florentine

# Week 3


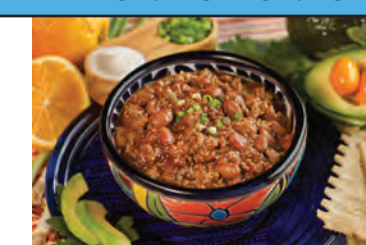
**Monday** **Oct. 30 & Nov. 27**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Chicken Stir Fry		Ham balls with Ketchup Sauce



**Tuesday** **Oct. 31 & Nov. 28**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Pizza Casserole		Battered Cod



**Wednesday** **Nov. 1 & Nov. 29**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Montreal Chicken Thigh		Chili

**Thursday** **Nov. 2 & Nov. 30**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Pork Loin with Gravy		Spinach & Artichoke Stuffed Mushroom

**Friday** **Nov. 3 & Dec. 1**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Turkey Burger with Onion		Maple Dijon Salmon