


Week 4


Monday Oct. 7 & Nov. 4



BBQ Chicken Meatballs


Choose One

A B



Herb Crusted Salmon


Tuesday Oct. 8 & Nov. 5



Meatloaf with Ketchup


Choose One

A B



Pulled Pork with Gravy

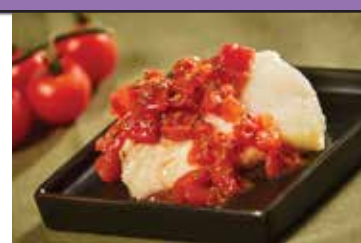
Wednesday Oct. 9 & Nov. 6



Turkey Burger with Onion

Choose One

A B



Haddock with Tomato

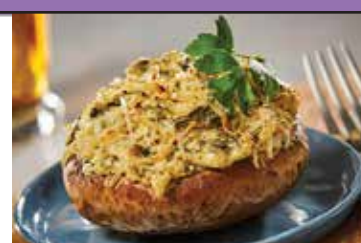
Thursday Oct. 10 & Nov. 7



Grilled Brat with Onion


Choose One

A B



Spinach & Artichoke Stuffed Mushroom


Friday Oct. 11 & Nov. 8



Pesto Chicken

Choose One

A B



Spaghetti & Meatballs

WORD BLITZ

Unscramble the letters to decode the hidden words.

TCDHOUWNO _____

X XXXXX FLIDE LOGA _____

X ITRNEPNIOCET _____

FBTOOLAL _____

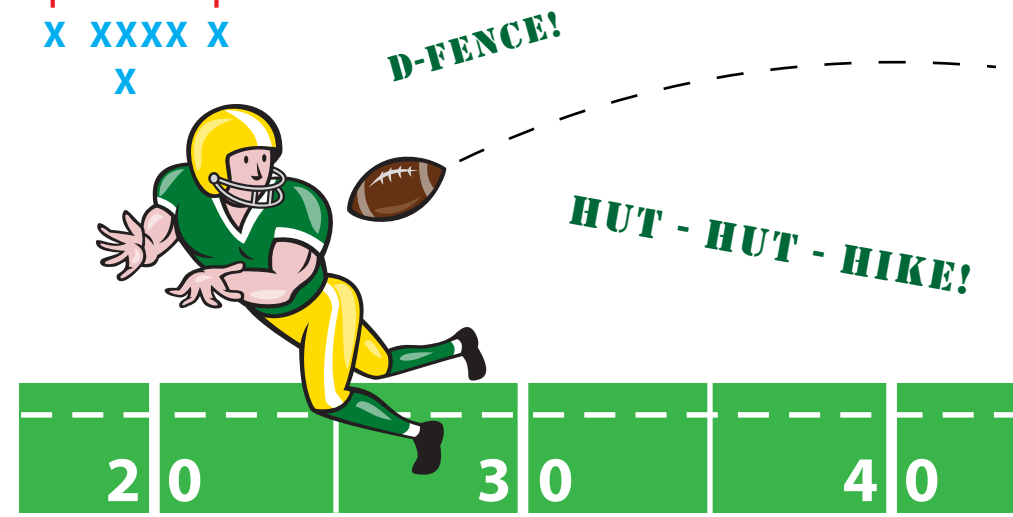
XX X QTARUKCABER _____

X SPERU LWOB _____

PLTYNEA GALF _____

OG CAKP OG! _____

X XXXX X _____



Call ahead if you need to cancel a meal or won't be home for delivery.

920-451-7011

clientservices@FreshMealsOnWheels.org



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

NAME: _____ RT: _____



September 16, 2024 - November 8, 2024

MENU

This menu cycle will start Monday, September 16.

Please call with your menu choices as soon as possible to allow time for choices to be entered into the system.

To help guide your selections:

- = **Heart Healthy Choice:** Leaner meats and less fat
- = **Carb-Wise Choice:** Fewer total carbs

What if I follow a Heart Healthy and Controlled Carbohydrate diet?

These diets have many similarities and usually overlap, but there may be days where the symbols are on different menu options. Discuss with your doctor which diet is best for you.

You may call with your selections, or give the completed menu to the driver on your next delivery. Choices will default to option A until your selections are received and entered.

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

Enjoy your meals!

Entrees and side items 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.

Did you hear about the guy who ate too much pumpkin pie?




He got autumn'y ache.

Week 1




Monday **Sept. 16 & Oct. 14**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Cheeseburger Casserole		Denver Egg Bake




Tuesday **Sept. 17 & Oct. 15**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Polish Sausage with Apples		Tuna Casserole




Wednesday **Sept. 18 & Oct. 16**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/>  C <input checked="" type="checkbox"/>	
Shredded Turkey with Gravy		Veggie Burger with Cheese

Thursday **Sept. 19 & Oct. 17**




	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Beef and Broccoli		Salt & Pepper Cod with Cilantro Vinaigrette

Friday **Sept. 20 & Oct. 18**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/>  C <input checked="" type="checkbox"/>	
Chicken Chimichanga		Pork Chop with Sauerkraut

Week 2




Monday **Sept. 23 & Oct. 21**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Hot Ham and Cheese Sandwich		Old Bay Haddock




Tuesday **Sept. 24 & Oct. 22**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Honey Mustard Chicken		Santa Fe Casserole




Wednesday **Sept. 25 & Oct. 23**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Beef Tips		Citrus Salmon

Thursday **Sept. 26 & Oct. 24**




	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
French Onion Chicken		BBQ Boneless Pork Spare Rib

Friday **Sept. 27 & Oct. 25**




	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Stuffed Shells with Meat Sauce		Battered Cod

Week 3




Monday **Sept. 30 & Oct. 28**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Mushroom Swiss Burger		Mini Turkey Corn Dogs




Tuesday **Oct. 1 & Oct. 29**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/>  C <input checked="" type="checkbox"/>	
Chicken Parmesan		Lemon Dill Pollock




Wednesday **Oct. 2 & Oct. 30**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/>  C <input checked="" type="checkbox"/>	
Swedish Meatballs		Ham Loaf with Raisin Sauce

Thursday **Oct. 3 & Oct. 31**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Fiesta Chicken		Tilapia Florentine

Friday **Oct. 4 & Nov. 1**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/>  C <input checked="" type="checkbox"/>	
French Toast		Scrambled Eggs with Cheese