Week 4

Monday — Dec. 5 & Jan. 2

Chicken Paprika

Choose One

A ☐ B ☐ ♥

Chili Dog

Tuesday — Dec. 6 & Jan. 3

Spaghetti Bake

Choose One

A ☐ B ☐ ♥

Dijon Baked Tilapia

Wednesday — Dec. 7 & Jan. 4

BBQ Chicken Meatballs

Choose One

A ☐ B ☐ ♥

Meatloaf

Thursday — Dec. 8 & Jan. 5

Pork Tenderette

Choose One

A ☐ B ☐ ♥

Battered Cod

Friday — Dec. 9 & Jan. 6

Smothered Chicken

Choose One

A ☐ B ☐ ♥

Beef Chop Suey

Easy as Pie

C	N	I	K	P	M	U	P	A	C	B	B	N	O	M	E	L	L	X	B	K
H	Q	S	J	K	Q	K	B	M	H	S	W	D	K	L	T	X	W	Z	D	B
I	J	N	A	C	E	P	U	O	E	T	M	B	O	S	B	F	W	H	B	Q
C	A	K	T	Y	Z	H	T	I	E	A	Y	P	F	X	V	B	M	U	E	O
K	Z	Q	L	X	U	D	T	G	S	C	I	A	B	A	E	R	E	V	H	D
E	A	I	L	P	N	R	E	K	E	H	T	S	P	O	K	A	O	B	Y	O
N	M	P	E	A	C	H	R	F	V	O	I	Z	J	P	B	B	P	L	L	B
E	Z	S	T	D	O	Y	M	B	P	C	L	I	W	Q	U	U	L	A	Q	S
N	Y	C	U	M	K	A	I	L	G	O	V	E	M	X	K	H	I	C	I	W
O	R	D	N	X	E	R	L	U	C	L	E	R	H	Y	Q	R	Z	K	C	I
T	B	N	O	R	Y	S	K	E	B	A	I	D	A	C	R	L	P	B	U	Q
A	A	E	C	T	Q	L	Y	B	A	T	Q	Y	X	G	I	N	R	E	S	Y
E	N	Q	O	T	Y	R	C	E	G	E	R	K	T	R	U	U	Q	R	T	R
M	A	Z	C	A	R	Z	Y	R	R	E	B	W	A	R	T	S	Q	R	A	R
E	N	R	I	E	Z	E	J	R	M	K	G	Y	H	X	Y	K	O	Y	R	E
C	A	M	H	Y	F	Z	Q	Y	S	J	K	G	B	A	B	L	Z	H	D	B
N	E	C	O	Y	T	G	I	J	Y	J	F	D	V	C	L	U	K	T	M	E
I	P	L	S	W	E	E	T	P	O	T	A	T	O	Y	L	F	O	O	H	S
M	K	L	P	N	S	R	Z	L	Z	G	P	W	O	Q	Q	G	K	X	X	O
F	U	Q	I	P	A	P	J	J	Y	T	M	A	C	A	D	A	M	I	A	O
W	X	D	O	L	A	L	L	I	E	B	E	R	R	Y	Y	G	J	Q	Q	G

APPLE
BANANA
BLACKBERRY
BLUEBERRY
BUTTERMILK
CHEESE
CHERRY
CHICKEN
CHOCOLATE
COCONUT
CREAM
CUSTARD
GOOSEBERRY
KEY LIME
LEMON
MACADAMIA
MINCEMEAT
MUD
OLALLIEBERRY
PEACH
PECAN
PIZZA
POT
PUMPKIN
QUICHE
RHUBARB
SHOOFLY
STRAWBERRY
SUGAR
SWEET POTATO

Call or email Meals On Wheels at:

920-451-7011

clientservices@freshmealsonwheels.org

Fresh Meals On Wheels
1004 S. Taylor Drive • Sheboygan, WI 53081
920-451-7011 • FreshMealsOnWheels.org

NAME: _____ RT: _____

November 14, 2022 - January 6, 2023

MENU

Your new choice menu will start Monday, Nov. 14. Please call with your choices as soon as possible to allow us enough time to enter it into our system.

Call ahead if you need to cancel a meal.

If you need to cancel a meal, call us no later than 9 am. 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 option 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 at 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.

Week 1

Monday — Nov. 14 & Dec. 12

BBQ Pulled Pork

Choose One

A ☐ B ☐ ♥

Baked Cod

Tuesday — Nov. 15 & Dec. 13

Fiesta Chicken

Choose One

A ☐ B ☐ ♥

Ravioli with Marinara

Wednesday — Nov. 16 & Dec. 14

Ham Balls with Pineapple Glaze

Choose One

A ☐ B ☐ ♥

Tilapia Florentine

Thursday — Nov. 17 & Dec. 15

Beef Stew

Choose One

A ☐ B ☐ ♥

Santa Fe Casserole

Friday — Nov. 18 & Dec. 16

Chicken Divan

Choose One

A ☐ B ☐ ♥

Mushroom Baked Pork Chop

Week 2

Monday — Nov. 21 & Dec. 19

Honey Mustard Chicken

Choose One

A ☐ B ☐ ♥

Veggie Burger with Provolone

Tuesday — Nov. 22 & Dec. 20

Montreal Chicken Thigh

Choose One

A ☐ B ☐ ♥

Pork Loin with Mushroom Gravy

Wednesday — Nov. 23 & Dec. 21

Goulash

Choose One

A ☐ B ☐ ♥

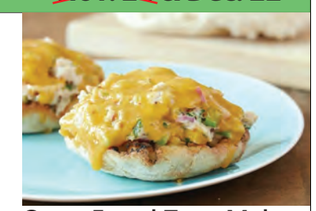
Maple Mustard Salmon Filet

Thursday — ~~Nov. 24~~ & Dec. 22

Chicken Pot Pie

Choose One

A ☐ B ☐ ♥


Open Faced Tuna Melt

Friday — ~~Nov. 25~~ & Dec. 23

Beef Tips

Choose One

A ☐ B ☐ ♥

Denver Egg Bake

Week 3

Monday — Nov. 28 & ~~Dec. 26~~

Almond Chicken

Choose One

A ☐ B ☐ ♥

Garlic Butter Pollock Filet

Tuesday — Nov. 29 & Dec. 27

Chili

Choose One

A ☐ B ☐ ♥

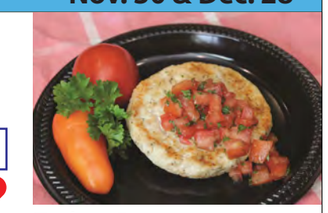
Black Bean Burger with Monterey Cheese

Wednesday — Nov. 30 & Dec. 28

Brat

Choose One

A ☐ B ☐ ♥


Turkey Burger

Thursday — Dec. 1 & Dec. 29

Swedish Meatballs

Choose One

A ☐ B ☐ ♥

Spinach-Artichoke Stuffed Mushroom

Friday — Dec. 2 & Dec. 30

Hawaiian Chicken

Choose One

A ☐ B ☐ ♥

Haddock with Tomato