

Week 4

Monday

May 22 & June 19



Salisbury Steak

Choose One

A ☐

B ☐



Veggie Burger with Cheese

Tuesday

May 23 & June 20



Mushroom Baked Pork Chop

Choose One

A ☐

B ☐



Old Bay Haddock

Wednesday

May 24 & June 21



Grilled Italian Chicken

Choose One

A ☐

B ☐



Sweet and Sour Pork

Thursday

May 25 & June 22



Swedish Meatballs

Choose One

A ☐

B ☐



Pesto Chicken

Friday

May 26 & June 23



Chicken Divan

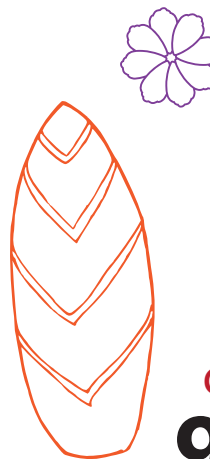
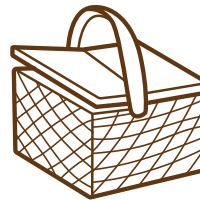
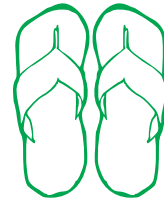
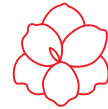
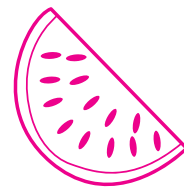
Choose One

A ☐

B ☐



Lemon Dill Tilapia



Summer Scramble



Can you unscramble the words?

If you need a clue, look at the images on this page.

EBACH

UMSREM

CIPNCI

ENRAOWETML

CEI REACM

IPNAGCM

OOLP

SREOWFL

FRUSBRDOA

PFLI SOLFP

Call or email Meals On Wheels at:

920-451-7011

clientservices@freshmealsonwheels.org



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

NAME: _____ RT: _____



May 1, 2023 - June 23, 2023

MENU

This choice menu cycle will start Monday, May 1.

Please call with your choices as soon as possible to allow us enough 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 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 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.

What do you call a golden retriever at the beach?

A hot dog!



Week 1

Monday

May 1 & ~~May 29~~



Hamburger

Choose
One

A ☐

B ☐



Sesame Salmon Patty

Tuesday

May 2 & May 30



Hawaiian Chicken

Choose
One

A ☐

B ☐



Veggie Egg Bake

Wednesday

May 3 & May 31



Pizza Casserole

Choose
One

A ☐

B ☐



Battered Cod

Thursday

May 4 & June 1



Beef Tips

Choose
One

A ☐

B ☐



Honey Mustard Chicken

Friday

May 5 & June 2



BBQ Pulled Pork

Choose
One

A ☐

B ☐



Garlic Butter Pollock

Week 2

Monday

May 8 & June 5



Almond Chicken

Choose
One

A ☐

B ☐



Sliced Ham with
Maple Glaze

Tuesday

May 9 & June 6



Chili Dog

Choose
One

A ☐

B ☐



Dijon Baked Tilapia

Wednesday

May 10 & June 7



Pork Spare Rib

Choose
One

A ☐

B ☐



Santa Fe Casserole

Thursday

May 11 & June 8



Fiesta Chicken

Choose
One

A ☐

B ☐



Hot Ham and Cheddar
Sandwich

Friday

May 12 & June 9



Philly Cheesesteak

Choose
One

A ☐

B ☐



Lemon Pepper Cod

Week 3

Monday

May 15 & June 12



French Onion Chicken

Choose
One

A ☐

B ☐



Ham Loaf with
Pineapple

Tuesday

May 16 & June 13



Pork Loin with
Gravy

Choose
One

A ☐

B ☐



Citrus Salmon

Wednesday

May 17 & June 14



Cheeseburger
Casserole

Choose
One

A ☐

B ☐



Hot Turkey and
Provolone Sandwich

Thursday

May 18 & June 15



Ranch Baked
Chicken Thigh

Choose
One

A ☐

B ☐



Open Faced Tuna Melt

Friday

May 19 & June 16



Roast Beef with Gravy

Choose
One

A ☐

B ☐



Spinach and Artichoke
Stuffed Mushroom