



May 30, 2022 - July 22, 2022
Menu Order Form

Check one menu item for each day.
 ♥ = Heart healthy choices

Mondays

May 30 & June 27



Mushroom Swiss
Burger

Lemon Pepper
Cod

 ♥


Tuesdays

May 31 & June 28



Hot Turkey
and Provolone
Sandwich

 ♥

Sloppy
Joe



Wednesdays

June 1 & June 29



Pork
Tenderette

Balsamic
Salmon Patty

 ♥


Thursdays

June 2 & June 30



Veggie
Egg Bake

Chicken
Parmesan

 ♥


Fridays

June 3 & July 1



Pork Loin
with Onion

 ♥

Open-Face
Tuna Melt



Please fill in your choices for all four weeks:

Choose either Option A (left) or Option B (right) for each day. If no selection is made, you will get Option A on the left.

Submit your choices to Fresh Meals On Wheels one of two ways:

Call us at 920-451-7011 and keep your menu for reference, or give your menu to the volunteer at your next delivery.

♥ = heart healthy choice

Mondays

June 6 & ~~July 4~~



BBQ
Pork Chop

Dijon Baked
Tilapia

 ♥

Tuesdays

June 7 & July 5



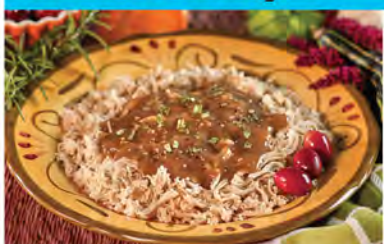
Chili Dog

Veggie Burger
with Provolone

 ♥

Wednesdays

June 8 & July 6



Shredded Turkey
with Gravy

 ♥

Hot Ham & Cheddar
Sandwich



Thursdays

June 9 & July 7



Smothered
Chicken

Pulled Pork
with Gravy

 ♥

Fridays

June 10 & July 8



Cheeseburger

Citrus Salmon
Filet

 ♥

There will be no meal delivery May 30 and July 4. Fresh Meals On Wheels will be closed Monday, May 30 for Memorial Day and Monday, July 4 for Independence Day. Those dates are crossed out on the menu.

Mondays

June 13 & July 11



Hot Pineapple
Chicken



Pork
Spare Rib



Tuesdays

June 14 & July 12



Stuffed
Pepper



Turkey Filet with
Chutney



Wednesdays

June 15 & July 13



Ham Balls
with Pineapple



Haddock
with Tomato



Thursdays

June 16 & July 14



Tater-Tot
Casserole



Black Bean Burger
with Shredded
Cheese



Fridays

June 17 & July 15



Fiesta
Chicken



Battered
Cod



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.

* Menu subject to change.



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

Name _____ Route _____

My meal choices are enclosed.

Signature _____ Date _____

♥ = Heart healthy choices

Mondays

June 20 & July 18



Cheese Ravioli
with Meat
Sauce

Santa Fe
Casserole

 ♥


Tuesdays

June 21 & July 19



Mushroom Baked
Pork Chop

Tilapia
Florentine

 ♥


Wednesdays

June 22 & July 20



Chicken
Stir Fry

Beef
Taco



Thursdays

June 23 & July 21



Single
Brat

Bruschetta
Turkey Burger

 ♥


Fridays

June 24 & July 22



Hawaiian
Chicken

Old Bay
Haddock

 ♥
