



















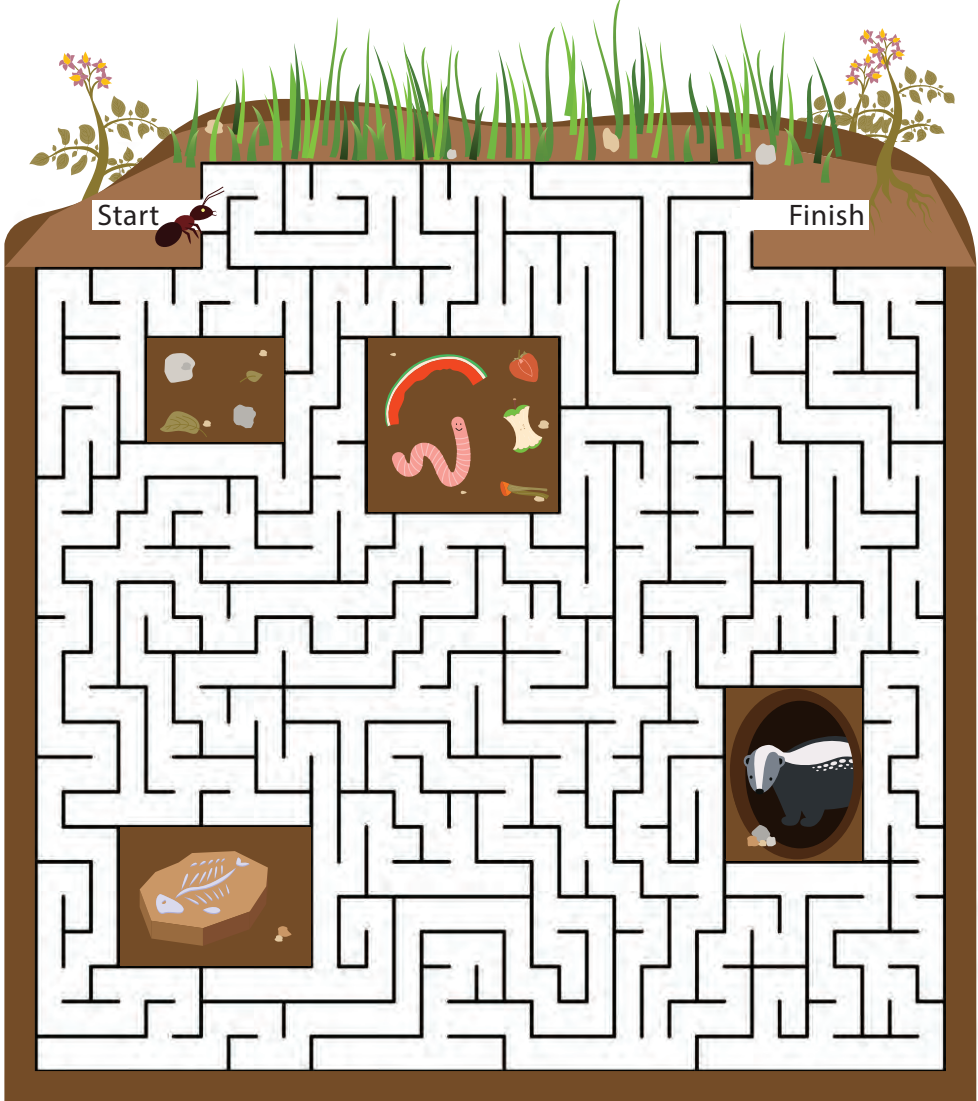


Week 4

Monday		May 19 & June 16	
	Choose One		
	A	B	
	<input type="checkbox"/>	<input type="checkbox"/>	
			
			
BBQ Chicken Meatballs		Lemon Dill Haddock	
Tuesday		May 20 & June 17	
	Choose One		
	A	B	
	<input type="checkbox"/>	<input type="checkbox"/>	
			
			
Beef & Bean Burrito		Mushroom Baked Pork Chop	
Wednesday		May 21 & June 18	
	Choose One		
	A	B	
	<input type="checkbox"/>	<input type="checkbox"/>	
			
			
Fiesta Chicken		Spaghetti Bake	
Thursday		May 22 & June 19	
	Choose One		
	A	B	
	<input type="checkbox"/>	<input type="checkbox"/>	
			
			
Pork Tenderette with Onion		Spinach & Artichoke Stuffed Mushroom	
Friday		May 23 & June 20	
	Choose One		
	A	B	
	<input type="checkbox"/>	<input type="checkbox"/>	
			
			
Hot Turkey and Cheddar Sandwich		Dijon Baked Tilapia	

Muddy Maze

Help the ant get to the other side of the hill.



Do you know someone who would enjoy meals too?

Encourage a friend to receive meals to earn 3 bonus meals for yourself. Valid now until June 30.

For more information or to refer a friend, give us a call.

920-451-7011

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



NAME: _____ RT: _____





April 28 - June 20, 2025

MENU

This menu cycle will start Monday, April 28.

Please call with your menu choices as soon as possible to allow time for choices to be entered into the system. If we do not receive your choices, you will automatically receive choice A.

To help guide your selections:

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

If you need to cancel meals, please call before 9 a.m. the day prior to your cancellation date.

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.

Knock Knock
Who's there?
Barbie
Barbie who?
Barbie Q. Chicken!













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.





Week 1

Monday April 28 & May 26	
 <p>Mushroom Swiss Burger</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input checked="" type="radio"/> C <input type="radio"/></p>  <p>Denver Egg Bake</p>
Tuesday April 29 & May 27	
 <p>Ham Loaf with Raisin Sauce</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input checked="" type="radio"/> C <input type="radio"/></p>  <p>Battered Cod</p>
Wednesday April 30 & May 28	
 <p>Chicken Cordon Bleu</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input checked="" type="radio"/> C <input type="radio"/></p>  <p>Santa Fe Casserole</p>
Thursday May 1 & May 29	
 <p>Goulash</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Citrus Salmon</p>
Friday May 2 & May 30	
 <p>Chicken Chimichanga</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Honey Mustard Pulled Pork</p>

Week 2

Monday May 5 & June 2	
 <p>Chicken Marsala</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input checked="" type="radio"/> C <input type="radio"/></p>  <p>Garlic Butter Pollock</p>
Tuesday May 6 & June 3	
 <p>Beef & Swiss Melt</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Veggie Egg Bake</p>
Wednesday May 7 & June 4	
 <p>Sweet and Sour Pork</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Blackened Tilapia</p>
Thursday May 8 & June 5	
 <p>Turkey Burger with Bruschetta</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input checked="" type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>BBQ Pork Spare Rib</p>
Friday May 9 & June 6	
 <p>Tater Tot Casserole</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Sun-Dried Tomato Salmon</p>

Week 3

Monday May 12 & June 9	
 <p>Roast Beef with Gravy</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Chicken Tenders</p>
Tuesday May 13 & June 10	
 <p>Almond Chicken</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Salt & Pepper Cod with Cilantro Vinaigrette</p>
Wednesday May 14 & June 11	
 <p>Meatloaf with Ketchup</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input checked="" type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Sliced Ham with Pineapple</p>
Thursday May 15 & June 12	
 <p>Chicken Pot Pie</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Tuna Casserole</p>
Friday May 16 & June 13	
 <p>Grilled Brat with Sauerkraut</p>	<p>Choose One</p> <p>A <input type="checkbox"/> B <input type="checkbox"/></p> <p><input type="radio"/> A <input checked="" type="radio"/> B <input checked="" type="radio"/> C</p>  <p>Broccoli & Cheese Stuffed Pepper</p>