

Week 4

Monday Dec. 2 & Dec. 30



Beef Fajitas

Choose One

A

B


♥

Ⓒ



Chicken Parmesan

Tuesday Dec. 3 & Dec. 31



Pork Loin with Apple Chutney


Choose One

A

B


♥

Ⓒ



Spinach Lasagna

Wednesday Dec. 4 & ~~Jan. 1~~



Shredded BBQ Chicken


Choose One

A

B


♥

Ⓒ



Sun-dried Tomato Crusted Salmon

Thursday Dec. 5 & Jan. 2



Meatloaf with Ketchup Sauce


Choose One

A

B


♥

Ⓒ



Pork Schnitzel

Friday Dec. 6 & Jan. 3



Chicken Chimichanga


Choose One

A

B

♥

Ⓒ



Dijon Baked Tilapia

There is Gnome One Like You!



Color in the gnome and share it with a friend.
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: _____



November 11, 2024 - January 3, 2025

MENU

This menu cycle will start Monday, November 11.

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

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.



What was your favorite meal this year?

Tell us what other recipes you would like to see.





Week 1



Monday **Nov. 11 & Dec. 9**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥ <input checked="" type="radio"/>	
BBQ Shredded Beef		Mushroom Baked Pork Chop



Tuesday **Nov. 12 & Dec. 10**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> <input checked="" type="radio"/> ♥	
Shredded Turkey with Gravy		Citrus Salmon



Wednesday **Nov. 13 & Dec. 11**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> <input checked="" type="radio"/> ♥	
Sweet and Sour Pork		Broccoli and Cheese Stuffed Pepper

Thursday **Nov. 14 & Dec. 12**



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> <input checked="" type="radio"/> ♥	
Beef Chop Suey		Old Bay Haddock

Friday **Nov. 15 & Dec. 13**



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥ <input checked="" type="radio"/>	
Chicken Marsala		Ham Meatballs with Pineapple

Week 2



Monday **Nov. 18 & Dec. 16**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> <input checked="" type="radio"/> ♥	
Polish sausage with Sauerkraut		Lemon Pepper Cod



Tuesday **Nov. 19 & Dec. 17**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥ <input checked="" type="radio"/>	
Almond Chicken		Ravioli Bake



Wednesday **Nov. 20 & Dec. 18**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥ <input checked="" type="radio"/>	
Beef Meatballs with Gravy		Garlic Butter Pollock

Thursday **Nov. 21 & Dec. 19**


	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥ <input checked="" type="radio"/>	
Fiesta Chicken		Honey Mustard Pulled Pork

Friday **Nov. 22 & Dec. 20**



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥ <input checked="" type="radio"/>	
Chili Mac		Herb Crusted Salmon

Week 3


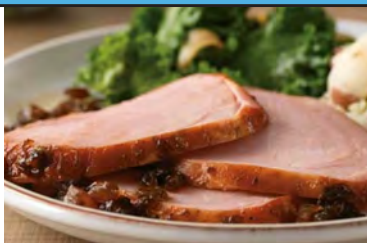
Monday **Nov. 25 & Dec. 23**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> <input checked="" type="radio"/> ♥	
Sloppy Joe		Smothered Chicken



Tuesday **Nov. 26 & Dec. 24**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> <input checked="" type="radio"/> ♥	
Ranch Baked Chicken Thigh		Pesto Parmesan Crusted Cod



Wednesday **Nov. 27 & ~~Dec. 25~~**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥ <input checked="" type="radio"/>	
Beef Stew		Cinnamon Honey Glazed Ham

Thursday **~~Nov. 28~~ & Dec. 26**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> <input checked="" type="radio"/> ♥	
Chicken Pot Pie		Blackened Tilapia

Friday **~~Nov. 29~~ & Dec. 27**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥ <input checked="" type="radio"/>	
Boneless Pork Spare Rib		Veggie Egg Bake