



# Meals On Wheels

*Meals are just our first course!*



Home Delivered Meals

**May**  
**2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <ul style="list-style-type: none"> <li>• Teriyaki Chicken</li> <li>• Herbed Stuffing</li> <li>• Succotash</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Stuffed Peppers</li> <li>• Mashed Potatoes</li> <li>• Carrots</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Baked Fish Scampi</li> <li>• Brown Rice</li> <li>• Broccoli</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Arroyo Con Pollo</li> <li>• Spanish Rice &amp; Beans</li> <li>• Mexican Corn</li> </ul>	
<b>6</b>	<b>7</b> <ul style="list-style-type: none"> <li>• Turkey Chili</li> <li>• Rice</li> <li>• Italian Green Beans</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• Sausage &amp; Peppers</li> <li>• Roasted Potatoes</li> <li>• Cauliflower</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Potato &amp; Cheese Perogies</li> <li>• Broccoli</li> <li>• Diced Carrots</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Baked Fish</li> <li>• Roasted Yams</li> <li>• Spinach</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Chicken Marsala</li> <li>• Scalloped Potatoes</li> <li>• Asparagus</li> </ul>	<b>12</b>
<b>13</b>	<b>14</b> <ul style="list-style-type: none"> <li>• Macaroni &amp; Cheese</li> <li>• Stewed Tomatoes</li> <li>• Cauliflower</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Stuffed Peppers</li> <li>• Mashed Potatoes</li> <li>• Green Beans</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• Baked Fish</li> <li>• Baked Potatoes</li> <li>• Sautéed Kale</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Italian Meatballs</li> <li>• Spaghetti</li> <li>• Broccoli</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Apricot Glazed Chicken</li> <li>• Stuffing</li> <li>• Carrots</li> </ul>	<b>19</b>
<b>20</b>	<b>21</b> <ul style="list-style-type: none"> <li>• Chicken Scampi</li> <li>• Italian Green Beans</li> <li>• Rice</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Baked Fish w/Pineapple Salsa</li> <li>• Corn</li> <li>• Sautéed Spinach</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Stuffed Rigatoni Bolognese</li> <li>• Fresh Zucchini</li> <li>• Carrots</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Chicken Cacciatore</li> <li>• Noodles</li> <li>• Broccoli</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Green Peas</li> </ul>	<b>26</b>
<b>27</b>	<b>28</b> <b>Happy Memorial Day</b> <b>Early Delivery</b> <ul style="list-style-type: none"> <li>• Chicken Parmesan</li> <li>• Wheat Penne</li> <li>• Broccoli</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• B-B-Q Chicken</li> <li>• Roasted Yams</li> <li>• Braised Cabbage</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• Stuffed Peppers</li> <li>• Mashed Potatoes</li> <li>• Mixed Vegetables</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• Italian Sausage &amp; Peppers</li> <li>• Brown Rice</li> <li>• Diced Carrots</li> </ul>		

**845-624-6325**

Meals are subject to availability  
 Holiday delivery Monday May 28, 2018

If you are not going to be home please call as soon as possible to hold your meal