



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <ul style="list-style-type: none"> • Chicken Scampi • Green Beans • Rice 	3 <ul style="list-style-type: none"> • Baked Fish • Corn Niblets • Sautéed Kale 	4 Happy 4th Early Delivery <ul style="list-style-type: none"> • Hamburger • Sweet Potato Fries • Beans 	5 <ul style="list-style-type: none"> • Macaroni & Cheese • Stewed Tomatoes • Veggie Blend 	6 <ul style="list-style-type: none"> • Meatloaf • Mashed Potato • Peas & Onions 	7
8	9 <ul style="list-style-type: none"> • Chicken Parmesan • Pasta • Broccoli 	10 <ul style="list-style-type: none"> • B-B-Q Chicken • Roasted Yams • Braised Cabbage 	11 <ul style="list-style-type: none"> • Stuffed Peppers • Mashed Potatoes • Carrots 	12 <ul style="list-style-type: none"> • Sausage & Peppers • Brown Rice • Cauliflower 	13 <ul style="list-style-type: none"> • Baked Fish • Lemon Zested Orzo • Peas 	14
15	16 <ul style="list-style-type: none"> • Hamburger • Hash Brown Potato • Corn 	17 <ul style="list-style-type: none"> • Breaded Fish • Mashed Potatoes • Spinach 	18 <ul style="list-style-type: none"> • Perogies • Diced Carrots • Peas 	19 <ul style="list-style-type: none"> • Chicken Cacciatore • Chef Potatoes • Italian Green Beans 	20 <ul style="list-style-type: none"> • Eggplant Rollatini • Penne • Broccoli 	21
22	23 <ul style="list-style-type: none"> • Macaroni & Cheese • Cauliflower • Stewed Tomatoes 	24 <ul style="list-style-type: none"> • Teriyaki Chicken • Stuffing • String Beans 	25 <ul style="list-style-type: none"> • Stuffed Peppers • Mashed Potatoes • Carrots 	26 <ul style="list-style-type: none"> • Fish Scampi • Brown Rice • Spinach 	27 <ul style="list-style-type: none"> • Chicken Parmesan • Pasta • Italian Blend Vegetables 	28
29	30 <ul style="list-style-type: none"> • Turkey Chili • Rice • Scandinavian Blend Vegetables 	31 <ul style="list-style-type: none"> • Sausage & Peppers • Roasted Potatoes • Cauliflower 				

845-624-6325

Meals are subject to availability Holiday delivery Wednesday July 4, 2018

You are expected to be home to accept your meal delivery and make contact with the driver. Your driver CANNOT leave your meal without knowing that you are safe. The use of insulated bags/ cooler is NOT ALLOWED. If you have a doctor's appointment or will be away, please call the Meals on Wheels office one business day before. The meal delivery will be temporarily on hold.