

## Home Delivered Meals

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> <ul style="list-style-type: none"> <li>Baked Fish</li> <li>Quinoa</li> <li>Broccoli</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>B-B-Q Chicken</li> <li>Roasted Yams</li> <li>Mixed Vegetables</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Meatloaf</li> <li>Noodles</li> <li>Peas</li> </ul>	<b>4</b>
<b>5</b>	<b>6</b> <ul style="list-style-type: none"> <li>Stuffed Peppers</li> <li>Mashed Potatoes</li> <li>Green Beans</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese</li> <li>Zucchini</li> <li>Cauliflower</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Meatballs</li> <li>Spaghetti</li> <li>Broccoli</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Baked Fish</li> <li>Baked Potato</li> <li>Sautéed Kale</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Chicken Marsala</li> <li>Rice</li> <li>Glazed Carrots</li> </ul>	<b>11</b>
<b>12</b>	<b>13</b> <ul style="list-style-type: none"> <li>B-B-Q Chicken</li> <li>Oriental Vegetables</li> <li>Roasted Yams</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Hot Dog</li> <li>Sauerkraut</li> <li>Beans</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Stuffed Rigatoni</li> <li>Carrots</li> <li>Broccoli</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese</li> <li>Stewed Tomatoes</li> <li>Green Beans</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Turkey Chili</li> <li>Rice</li> <li>Peas</li> </ul>	<b>18</b>
<b>19</b>	<b>20</b> <ul style="list-style-type: none"> <li>Chicken Cutlet Parmesan</li> <li>Wheat Penne</li> <li>Broccoli</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Teriyaki Chicken</li> <li>Baked Yams</li> <li>Spinach</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>Stuffed Peppers</li> <li>Mashed Potatoes</li> <li>Mixed Vegetables</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Sausage &amp; Peppers</li> <li>Roasted Potatoes</li> <li>Carrots</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Fish Oreganata</li> <li>Lemon Zested Orzo</li> <li>Peas</li> </ul>	<b>25</b>
<b>26</b>	<b>27</b> <ul style="list-style-type: none"> <li>Hamburger</li> <li>Sweet Potato Fries</li> <li>Corn Niblets</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Fish Special</li> <li>Sautéed Kale</li> <li>Mashed Potatoes</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Perogies</li> <li>Diced Carrots</li> <li>Peas</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Chicken Cacciatore</li> <li>Chef Potatoes</li> <li>Italian Green Beans</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Eggplant Rollatini</li> <li>Penne</li> <li>Broccoli</li> </ul>	

Meals are subject to availability

You are expected to be home to accept your meal delivery and make contact with the driver. Your driver CANNOT leave your meal without making contact with the participant. 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.

845-624-6325