

Meals on Wheels Programs & Services of Rockland, Inc.
 Monthly Menu

Pease Note: Menus are subject to change based upon availability and dietary restrictions.



November 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <ul style="list-style-type: none"> • Macaroni & Cheese • Carrots • Italian Blend 	3 <ul style="list-style-type: none"> • Apricot Glazed Chicken • Cauliflower • Mashed Yams 	4 <ul style="list-style-type: none"> • Italian Meatballs • Broccoli • Wheat Penne 	5 <ul style="list-style-type: none"> • Chicken Marsala • Brown Rice • Peas 	6 <ul style="list-style-type: none"> • Fresh Pork • Red Mashed Potatoes • Red Cabbage 	7
8	9 <ul style="list-style-type: none"> • Lemon Baked Chicken • Fresh Yams • California Blend Vegetables 	10 <ul style="list-style-type: none"> • Baked Fish w/Pineapple Salsa • Brown Rice • Spinach 	11 <ul style="list-style-type: none"> • Rigatoni Bolognese • Fresh Zucchini • Diced Carrots 	12 <ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes • Braised Cabbage 	13 <ul style="list-style-type: none"> • Chef's Stew • Farfalle Noodles • Green Beans 	14
15	16 <ul style="list-style-type: none"> • Chicken Parmesan • Penne Pasta • Fresh Squash 	17 <ul style="list-style-type: none"> • Macaroni & Cheese • Stewed Tomatoes • Cauliflower 	18 <ul style="list-style-type: none"> • Stuffed Pepper • Mashed Potato • Mixed Vegetables 	19 <ul style="list-style-type: none"> • Sausage & Peppers • Rice • Carrots 	20 <ul style="list-style-type: none"> • Baked Fish • Sautéed Orzo • Peas 	21
22	23 <ul style="list-style-type: none"> • Chicken Cacciatore • Baked Potatoes • Vegetable Blend 	24 <ul style="list-style-type: none"> • Turkey Chili • Rice • Green Beans 	25 <ul style="list-style-type: none"> • B-B-Q Chicken • Corn Niblets • Spinach 	26 <ul style="list-style-type: none"> • Turkey w/Gravy Stuffing • Brussel Sprouts • Mashed Yams 	27 <ul style="list-style-type: none"> • Eggplant Rollatini • Wheat Pasta • Broccoli Spears 	28
29	30 <ul style="list-style-type: none"> • Stuffed Pepper • Mashed Potatoes • Carrots 					