

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

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



# December 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <ul style="list-style-type: none"> <li>• Teriyaki Chicken</li> <li>• Stuffing</li> <li>• Succotash</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Red Potatoes</li> <li>• Braised Cabbage</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Baked Fish</li> <li>• Brown Rice</li> <li>• Broccoli Spears</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Fresh Pork w/Sauerkraut</li> <li>• Noodles</li> <li>• Diced Turnips</li> </ul>	<b>5</b>
<b>6</b>	<b>7</b> <ul style="list-style-type: none"> <li>• Turkey Chili</li> <li>• Fluffy Rice</li> <li>• Italian Green Beans</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• Pot Roast</li> <li>• Potato Pancake</li> <li>• California Blend Veggies</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Potato &amp; Cheese Perogie</li> <li>• Spinach</li> <li>• Diced Carrots</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• B-B-Q Chicken</li> <li>• Fresh Yams</li> <li>• Mixed Veggies</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Breaded Fish</li> <li>• Corn Niblets</li> <li>• Potato Nuggets</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>• Italian Blend</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Apricot Glazed Chicken</li> <li>• Cauliflower</li> <li>• Mashed Yams</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• Italian Meatballs</li> <li>• Broccoli</li> <li>• Penne Pasta</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Chicken Marsala</li> <li>• Brown Rice</li> <li>• Carrots</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Pork Loin w/Gravy</li> <li>• Red Mashed</li> <li>• Red Cabbage</li> </ul>	<b>19</b>
<b>20</b>	<b>21</b> <ul style="list-style-type: none"> <li>• Lemon Chicken</li> <li>• California Blend Veggies</li> <li>• Sweet Potato</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Baked Fish</li> <li>• Brown Rice</li> <li>• Sautéed Spinach</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Rigatoni Bolognese</li> <li>• Broccoli</li> <li>• Cauliflower</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Baked Potatoes</li> <li>• Braised Cabbage</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Ham w/Pineapple</li> <li>• Scalloped Potatoes</li> <li>• Asparagus</li> </ul>	<b>26</b>
<b>27</b>	<b>28</b> <ul style="list-style-type: none"> <li>• Chicken Parmesan</li> <li>• Rotini Pasta</li> <li>• Sautéed Kale</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• Macaroni &amp; Cheese</li> <li>• Stewed Tomatoes</li> <li>• Cauliflower</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• Stuffed Pepper</li> <li>• Mashed Potato</li> <li>• Mixed Veggies</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• Sausage &amp; Peppers</li> <li>• Oven Browned Potatoes</li> <li>• Diced Carrots</li> </ul>		