

Community Meals, Inc.

WEEK 1

DAY	HOT ENTRÉE
Monday	Butternut squash ravioli Whole green beans
Tuesday	Chicken Francese White rice Peas and carrots
Wednesday	Hamburger on bun Roasted potatoes Baby carrots
Thursday	Roast turkey with gravy Stuffing Broccoli
Friday	Pot Roast with gravy Mashed potatoes Mediterranean vegetable blend



WEEK 3

DAY	HOT ENTRÉE
Monday	Butternut squash ravioli Carrots
Tuesday	Chicken Francese White rice Green beans
Wednesday	Eggplant Rollatini Rotini with tomato and basil Caribbean vegetable blend
Thursday	Roast turkey with gravy Roasted potatoes Broccoli
Friday	Pot Roast with gravy Mashed potatoes Tri color carrots

WEEK 2

DAY	HOT ENTRÉE
Monday	Broiled flounder White rice Whole green beans
Tuesday	Cavatelli and broccoli Roll and margarine
Wednesday	Salmon w/basil leek sauce Brown rice Caribbean vegetable blend
Thursday	Autum roast chicken w/carrot ginger sauce Rutabaga & butternut squash hash
Friday	Macaroni and cheese Roll and margarine Green beans

WEEK 4

DAY	HOT ENTRÉE
Monday	Herb grilled chicken White rice Baby carrots
Tuesday	Meatloaf with gravy Mashed potatoes Whole green beans
Wednesday	Broiled salmon Rotini w/fresh tomato & basil
Thursday	Autum roast chicken w/carrot ginger sauce Rutabaga & butternut squash hash
Friday	Broiled flounder White rice Baby carrots

**Grilled chicken or herb tilapia may be substituted for any hot entrée.*

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Menu



*WEEKS 1 - 4

DAY	COLD MENU
Monday	Cottage Cheese & Fruit (1 cup each) Chocolate Pudding
Tuesday	Tuna on Whole Wheat w/ Lettuce & Tomato Chocolate Chip Cookies
Wednesday	Turkey on Rye w/ Lettuce, Tomato & Mayo Orange Segments (cup)
Thursday	Roast Beef on Roll w/Lettuce, Tomato & Mayo Banana
Friday	Egg Salad on Whole Wheat with Lettuce and Tomato Pound Cake

**Turkey on whole wheat w/ lettuce and tomato w/ reg. or low-fat mayonnaise may be substituted for any cold entrée.*

Menu



Community Meals, Inc.

*c/o Community Church of Glen Rock
354 Rock Road, Glen Rock NJ 07452*

Phone: 201-447-8295

Office Hours: Mon - Fri -- 9am - 1pm

communitymealsonwheels@gmail.com

www.communitymealsonwheels.org

**There is no delivery on Saturday, Sunday or
New Years Day, Memorial Day,
July 4th, Labor Day, Thanksgiving Day (Thur),
Day After Thanksgiving (Fri) and Christmas Day.*