COMMUNITY MEALS, INC.
c/o Community Church of Glen Rock
354 Rock Rd., Glen Rock, NJ 07452
201-447-8295
communitymealsonwheels@gmail.com

Menu

As of: April 15, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
Hot Meal	Meatloaf	Spaghetti and meatballs	Sliced turkey and gravy	Fried flounder	Eggplant rollatini
	Mashed potatoes	Green beans	Mashed potatoes	White rice	Baby carrots
	Broccoli		Baby carrots	Asparagus	Roll
Cold Meal	Chicken salad on roll	Tuna on whole wheat	Turkey on rye	Roast beef on roll	Egg salad on whole wheat
	Chocolate pudding cup	Lettuce and tomato	Lettuce, tomato and mayo	Lettuce, tomato and mayo	Lettuce and tomato
		Chocolate chip cookies	Orange segment cup	Banana	Pound cake

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2					
Hot Meal	Stuffed peppers	Salisbury steak	Chicken parmesan	Garlic and lemon baked cod	Pot roast with gravy
	Brown rice	Mashed potatoes	Spaghetti	Brown rice	Mashed sweet potatoes
	Green beans	Broccoli	Roll	Asparagus	Green beans
Cold Meal	Chicken salad on roll	Tuna on whole wheat	Turkey on rye	Roast beef on roll	Egg salad on whole wheat
	Chocolate pudding cup	Lettuce and tomato	Lettuce, tomato and mayo	Lettuce, tomato and mayo	Lettuce and tomato
		Chocolate chip cookies	Orange segment cup	Banana	Pound cake