

Community Meals, Inc.
2019 Spring/Summer Menu

WEEK 1

DAY	HOT ENTRÉE
Monday	Macaroni and cheese Biscuit Whole green beans
Tuesday	Chicken francese Orzo Summer squash
Wednesday	Hamburger on bun Roasted potatoes Baby carrots
Thursday	Roast turkey with gravy Potato au gratin Broccoli
Friday	Eggplant rollatine Roll and margarine Baby carrots



WEEK 3

DAY	HOT ENTRÉE
Monday	Cilantro lime shrimp Farro w/baby spinach, arugula, roasted red pepper and mango
Tuesday	Chicken francese White rice Whole green beans
Wednesday	Penne w/portabello mushrooms, sundried tom., baby spinach, parm cheese, basil Focaccia roll
Thursday	Roast turkey with gravy Potato au gratin Broccoli
Friday	Eggplant rollatine Penne marinara Asparagus

WEEK 2

DAY	HOT ENTRÉE
Monday	Herb tilapia White rice Whole green beans
Tuesday	Cavatelli and broccoli Roll and margarine
Wednesday	Salmon w/pineapple salsa Brown rice Bok choy
Thursday	Peach BBQ chicken Roasted corn Whole green beans Creamy coleslaw
Friday	Macaroni and cheese Roll and Margarine Asparagus

WEEK 4

DAY	HOT ENTRÉE
Monday	Herb grilled chicken White rice Baby carrots
Tuesday	Meatloaf with gravy Red skin mashed potato Snow peas
Wednesday	Broiled salmon Rotini with fresh tomato & basil
Thursday	Peach BBQ chicken Roasted corn Whole green beans Creamy coleslaw
Friday	Herb tilapia White rice Baby carrots

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

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***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, tomato and mayonaise may be substituted for any cold entrée.*

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

Phone: 201-447-8295

Office Hours: Mon - Fri -- 10am - 2pm

*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.*