



Meals-on-Wheels of White Plains



Hot Entrée Items Only – Cold Meals, Beverages, & Sides Not Listed

Week 1 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chicken Sausage	Flounder with lemon butter sauce	Stuffed Shells with tomato sauce	Broccoli & Cheese Frittata	Meatloaf with gravy	Roast Turkey
Peppers & Onions	Carrots	Broccoli	Green Beans	Peas & Carrots	Green Beans
Hash Brown	Brown Rice	Chickpeas	Sweet Potato	Mashed Potatoes	Sweet Potato

Week 2 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stuffed Pepper	Pork Chop with gravy	Roasted Chicken	Eggplant Rollatini	Baked Fish	Spinach Quiche
Carrots	Red Cabbage	Green Beans	Broccoli	Spinach	Mixed Vegetables
Mashed Potatoes	Sweet Potatoes	Brown Rice	Pasta with tomato sauce	Corn	Hash Brown

Week 3 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meatloaf with gravy	Manicotti with tomato sauce	Fish Oreganata	Roast Turkey with gravy	Chicken Cutlet with gravy	Pot Roast
Green Beans	Broccoli	Mixed Vegetables	Peas & Carrots	Italian Medley Vegetables	Collard Greens
Baked Potatoes	Chickpeas	Brown Rice	Sweet Potato	Pasta with butter	Baked Potatoes

Week 4 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Macaroni & Cheese	Spinach Frittata	Meatballs with tomato sauce	Herb Roasted Chicken with gravy	Salisbury Steak with gravy	Baked Chicken
Broccoli	Carrots	Peas & Carrots	Green Beans	Mixed Vegetables	Mixed Vegetables
Stewed Tomatoes	Hash Brown	Pasta with tomato sauce	Brown Rice	Mashed Potatoes	Scalloped Potatoes

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Week 5 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baked Fish	Breaded Pork Chop with gravy	Eggplant Rollatini	Knockwurst with sauerkraut	Chicken Ratatouille	Meatloaf
Green Beans	Peas & Carrots	Italian Medley	Mixed Vegetables	Carrots	Vegetable Medley
Brown Rice	Sweet Potatoes	Chickpeas	Hash Brown	Baked Potato	Sweet Potato

Week 6 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meatloaf with gravy	Roast Turkey	Stuffed Shells with tomato sauce	Flounder with lemon butter sauce	Chicken Chow Mein	Pork Chop
Cauliflower	Peas & Carrots	Italian Medley Vegetables	Green Beans	Asian Vegetable Medley	Mixed Vegetables
Mashed Potatoes	Sweet Potato	Chickpeas	Roasted Potatoes	Brown Rice	Sweet Potatoes

Week 7 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meatballs with brown gravy	Lemon Garlic Chicken	Fish with tomato sauce	Pork Chop with gravy	Pasta Bolognese	Quiche Lorraine
Italian Medley Vegetables	Zucchini	Cauliflower	Green Beans	Broccoli	Beets
Pasta with butter	Sweet Potato	Brown Rice	Baked Potato	Chickpeas	Squash

Week 8 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Herb Roasted Chicken with gravy	Baked Fish	Potato, Zucchini & Cheese Frittata	Meatloaf with gravy	Eggplant Rollatini	Meatballs
Spinach	Mixed Vegetables	Peas & Carrots	Green Beans	Broccoli	Green Beans
Corn	Mashed Potatoes	Hash Brown	Baked Potato	Pasta with tomato sauce	Buttered Noodles

As of September 2024. Cold items included with hot meal 1% milk, slice of bread & spread, one side: fruit, veggie salad or dessert. Menu is subject to change without notice.