November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Parmesan 4oz Whole Wheat Penne ½ cup Marinara 1/4 cup Peas & Carrots ½ cup Fruit Milk **Meal Delivery Day**	**3** Beef Stroganoff 4oz Egg Noodles ½ cup Carrots ½ cup Fruit	**4** Pork Pernil 4 oz Cilantro Lime Rice ½ cup Carrots ½ cup Fruit **Meal Delivery Day**	**5** Turkey Chili 8oz Brown Rice ½ cup Corn ½ cup Fruit	**6** Baked Pollack 4 oz Mac & Cheese ½ cup Stewed Tomatoes ½ cup Spinach ½ cup Fruit
9 Pork Marsala 4oz Egg Noodles ½ cup Carrots ½ cup Fruit Milk **Meal Delivery Day**	**10** Vito's Bolognaise ½ cup Whole wheat Penne 1 cup Mixed Vegetables ½ cup Fruit	**11** Mediterranean Chicken 4oz Roasted Potato ½ cup Carrots ½ cup Fruit **Meal Delivery Day**	**12** Meatballs Marinara, 4oz Whole Wheat Pasta ½ cup Spinach ½ cup Fruit	**13** Baked Tilapia 4oz Citrus Dill Sauce 2oz Rice ½ cup California Veg ½ cup Fruit
16 Swedish Meatballs 4oz Egg noodles ½ cup Peas & Carrots ½ cup Fruit Milk **Meal Delivery Day**	**17** Lemon Herb Chicken 4 oz Rice Pilaf 1/2 cup Carrots 1/2 cup Fruit	**18** Baked Ham 4oz Au gratin Potato ½ cup Green Beans ½ cup Fruit **Meal Delivery Day**	**19** Beef Teriyaki 4oz Rice ½ cup Stir fry Vegetables ½ cup Fruit	**20** Mild Jerk Chicken 4 oz Coconut Rice ½ cup Peas and Carrots ½ cup Fruit
23 Beef Chili 8 oz Brown Rice ½ cup Corn ½ cup Fruit Milk **Meal Delivery Day**	**24** Orange Sesame Pork 4oz Roasted Potato ½ cup Carrots ½ cup Fruit	**25** Cheese Ravioli 9oz Marinara ½ cup Mixed Veg ½ cup Fruit **Meal Delivery Day**	**26** Sliced Turkey w/Gravy 4oz Sweet Potatoes ½ cup Green Beans ½ cup Cranberry Sauce 1oz Fruit Roll	**27** Apricot Chicken 4 oz Roasted Potato 1/2cup California Veg ½ cup Fruit
30 Salisbury Steak 4oz Mashed Potato, ½ cup Glazed Carrots ½ cup Fruit **Meal Delivery Day**			***To skip or cancel your delivery day Please contact 610-374-3195 Ext. 220***	