### December 2019

**Meals On Wheels**  
Meals are just our first course!

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 2 **Brunch**
   Cheese Omelet
   Turkey Sausage
   Home Fries
   Broccoli | 3 **Breaded Fish**
   Spinach
   Sweet Potato Fries | 4 **Stuffed Pierogi**
   Sautéed Kale
   Diced Carrots | 5 **Chicken Marsala**
   Rice
   Italian Green Beans | 6 **Eggplant Rollatini**
   Penne Pasta
   Fresh Zucchini |
| 9 **Macaroni & Cheese**
   Lima Beans
   Stewed Tomatoes | 10 **Honey Mustard**
   Chicken
   Roasted Sweet
   Potatoes
   Braised Cabbage | 11 **Asian Stir Fry**
   Lo Mein Noodles
   Oriental Vegetables | 12 **Cheese Manicotti**
   Cauliflower
   Italian Blend
   Vegetables | 13 **Salmon Teriyaki**
   Glazed Carrots
   Brown Rice |
| 16 **Pork Loin**
   Scalloped Potatoes
   Peas | 17 **Sausage & Peppers**
   Roasted Potatoes
   Corn Niblets | 18 **Eggplant Rollatini**
   Wheat Pasta
   Broccoli Spears | 19 **Lemon Grass Chicken**
   Sautéed Spinach
   Brown Rice | 20 **Stuffed Peppers**
   Mashed Potatoes
   Mixed Vegetables |
| 23 **Happy Hanukkah**
   Pot Roast
   Potato Pancake
   Glazed Carrots | 24 **Salmon w/Dill**
   Fresh Sweet Potato
   Sautéed Spinach | **25 Merry Christmas**
   Baked Ham
   Scalloped Potatoes
   Asparagus | 26 **Turkey Chili**
   Snap Peas
   Fluffy Rice | 27 **Vegetable Lasagna**
   Diced Carrots
   Cauliflower |
| 30 **Barbequed Chicken**
   Red Bliss Potatoes
   California Blend
   Vegetables | 31 **Rigatoni Bolognese**
   Fresh Zucchini
   Cauliflower | | | |

**December 25th and January 1st is an early delivery.**

*Please call Meals On Wheels if you will not home.*

**Happy Holidays to All!!**

Meals are prepared fresh daily. Milk, bread, juice, & dessert are included. Medically tailored meals will not follow the meal calendar.

845-624-6325  
Meals are subject to availability  
www.mowrockland.org

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