



Meals On Wheels

Meals are just our first course!

May 2021

Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	4 Seafood Tetrazzini Farfalle Noodles Snap Peas	5 Cinco de Mayo Arroyo Con Pollo Mexicana Rice Refried Beans	6 Cheese Perogies w/Caramelized Onions Sautéed Spinach Roasted Cauliflower	7 Happy Mother's Day Chicken Parmesan Penne Pasta Fresh Zucchini
10 Meatloaf w/Mushroom Gravy Red Mashed Potato Braised Cabbage	11 Vegetable Lasagna Diced Carrots Italian Green Beans	12 Lemon Chicken Mashed Cauliflower Peas	13 Breaded Fish Sweet Potato Puffs Broccoli	14 Roast Turkey w/Gravy Herbed Stuffing Mixed Vegetables
17 Pot Roast w/Gravy Mashed Potato Spinach	18 Sausage & Peppers Roasted Potato Diced Carrots	19 Stuffed Shells Italian Blend Veggies Sautéed Squash	20 Chicken w/BBQ Sauce Sweet Potato Cauliflower	21 Honey Garlic Salmon Rice & Beans Collard Greens
24 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	25 Pesto Parmesan Tortellini Sautéed Spinach Stewed Tomatoes	26 Chicken Stir Fry Jasmine Rice Glazed Baby Carrots	27 Rigatoni Bolognese Fresh Zucchini Cauliflower	28 Fish Scampi Risotto Italian Green Beans
31 Memorial Day Hamburger Potato Puffs Baked Beans				

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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