



Meals On Wheels

Meals are just our first course!

June 2021

Home Delivered Meal Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| | 1 Asian Pork Stew Lo Mein Noodles Oriental Vegetables | 2 Baked Cod w/Creole Sauce Lemon Zested Orzo Brussels Sprouts | 3 Oven Fried Chicken Baked Mac & Cheese Collard Greens | 4 Cheese Lasagna Green Peas Diced Carrots |
| 7 Hawaiian Chicken Jasmine Rice California Blend Vegetables | 8 BBQ Pulled Pork Baked Beans Braised Cabbage | 9 Beef Stroganoff w/Mushroom Gravy Buttered Egg Noodles Green Peas | 10 Eggplant Rolette Penne Pasta Broccoli | 11 Caribbean Flounder Coconut Rice Grilled Plantains |
| 14 Stuffed Peppers Garlic Mashed Potato Sliced Carrots | 15 Apricot Chicken Baked Sweet Potato California Blend Vegetables | 16 Shrimp Alfredo Snap Peas Yellow Squash | 17 Chicken Parmesan Penne Pasta Zucchini | 18 Cheese Pierogies w/Caramelized Onions Brussels Sprouts Baby Carrots |
| 21 Meatloaf w/Mushroom Gravy Red Mashed Potato Braised Cabbage | 22 Lemon Chicken Mashed Cauliflower Green Peas | 23 Cheese Pizza Diced Carrots Italian Green Beans | 24 Roast Turkey w/Gravy Herbed Stuffing Mixed Vegetables | 25 Breaded Fish Sweet Potato Puffs Broccoli |
| 28 Pot Roast w/Gravy Mashed Potato Spinach | 29 Sausage & Peppers Roasted Potato Diced Carrots | 30 Stuffed Shells Italian Blend Vegetables Sautéed Squash | | |

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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