



Meals On Wheels

Meals are just our first course!

July 2021

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ Chicken Baked Sweet Potato Yellow Corn	2 Honey Garlic Salmon Rice & Beans Collard Greens
5 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	6 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	7 Chicken Stir Fry Jasmine Rice Baby Carrots	8 Rigatoni Bolognese Zucchini Cauliflower	9 Fish Scampi Risotto Italian Green Beans
12 Hamburger w/Caramelized Onions Mashed Potato Yellow Corn	13 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	14 Baked Cod w/Creole Sauce Lemon Zested Orzo Brussels Sprouts	15 Oven Fried Chicken Baked Mac & Cheese Collard Greens	16 Cheese Lasagna Green Peas Diced Carrots
19 Hawaiian Chicken Jasmine Rice California Blend Vegetables	20 BBQ Pulled Pork Baked Beans Braised Cabbage	21 Beef Stroganoff w/Mushroom Gravy Buttered Egg Noodles Green Peas	22 Eggplant Rolette Penne Pasta Broccoli	23 Caribbean Flounder Coconut Rice Grilled Plantain
26 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	27 Apricot Chicken Baked Sweet Potato California Blend Vegetables	28 Shrimp Alfredo Snap Peas Yellow Squash	29 Chicken Parmesan Penne Pasta Zucchini	30 Cheese Pierogies Brussels Sprouts Baby Carrots

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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