



Meals On Wheels

Meals are just our first course!

August 2021

Home Delivered Meal Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| 2 Meatloaf w/Mushroom Gravy Red Mashed Potato Braised Cabbage | 3 Lemon Chicken Mashed Cauliflower Green Peas | 4 Vegetable Lasagna Diced Carrots Italian Green Beans | 5 Roast Turkey w/Gravy Herbed Stuffing Mixed Vegetables | 6 Breaded Fish Sweet Potato Puffs Broccoli |
| 9 Pot Roast w/Gravy Mashed Potato Spinach | 10 Sausage & Peppers Roasted Potato Diced Carrots | 11 Stuffed Shells Italian Blend Vegetables Sautéed Squash | 12 BBQ Chicken Baked Sweet Potato Yellow Corn | 13 Honey Garlic Salmon Rice & Beans Collard Greens |
| 16 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions | 17 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach | 18 Chicken Stir Fry Jasmine Rice Baby Carrots | 19 Rigatoni Bolognese Zucchini Cauliflower | 20 Fish Scampi Risotto Italian Green Beans |
| 23 Hamburger w/Caramelized Onions Mashed Potato Yellow Corn | 24 Asian Pork Stew Lo Mein Noodles Oriental Vegetables | 25 Baked Cod w/Creole Sauce Lemon Zested Orzo Brussels Sprouts | 26 Oven Fried Chicken Baked Mac & Cheese Collard Greens | 27 Cheese Lasagna Green Peas Diced Carrots |
| 30 Hawaiian Chicken Jasmine Rice California Blend Vegetables | 31 BBQ Pulled Pork Baked Beans Braised Cabbage | | | |

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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