

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 SALISBURY STEAK STUFFED SHELLS	2 POT ROAST MAC & CHEESE
5 BAKED ZITI MEATLOAF	6 SALMON CHICKEN CHOW MEIN	7 CHEESE BLINTZES BEEF STEW	8 BREADED FISH STUFFED CABBAGE	9 VEGGIE BURGER HAWAIIAN CHICKEN
12 STUFFED SHELLS SALISBURY STEAK	13 CHICKEN CHOW MEIN SALMON	14 MEATLOAF BAKED ZITI	15 MAC & CHEESE POT ROAST	16 BEEF STEW CHEESE BLINTZES
19 STUFFED CABBAGE BREADED FISH	20 HAWAIIAN CHICKEN VEGGIE BURGER	21 SALISBURY STEAK STUFFED SHELLS	22 POT ROAST MAC & CHEESE	23 BAKED ZITI MEATLOAF
26 SALMON CHICKEN CHOW MEIN	27 CHEESE BLINTZES BEEF STEW	28 BREADED FISH STUFFED CABBAGE	29 VEGGIE BURGER HAWAIIAN CHICKEN	30 STUFFED SHELLS SALISBURY STEAK

Kosher certification upon request * Second meal option applies to clients who receive 2 meals

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

Packaged meals are under the kosher supervision of the (U) and Rabbi M. Unger of Mechon L'Kashrus

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