



Meals On Wheels

Meals are just our first course!

November 2021

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Pot Roast w/ Gravy Mashed Potato Spinach</p>	<p>2</p> <p>Sausage & Peppers Roasted Potato Diced Carrots</p>	<p>3</p> <p>Stuffed Shells Italian Blend Vegetables Sautéed Squash</p>	<p>4</p> <p>BBQ Chicken Baked Sweet Potato Yellow Corn</p>	<p>5</p> <p>Honey Garlic Salmon Rice & Beans Collard Greens</p>
<p>8</p> <p>Salisbury Steak w/ Mushroom Gravy Scalloped Potato Peas & Pearl Onions</p>	<p>9</p> <p>Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach</p>	<p>10</p> <p>Chicken Stir Fry Jasmine Rice Baby Carrots</p>	<p>11</p> <p><i>Happy Veteran's Day</i> Rigatoni Bolognese Zucchini Cauliflower</p>	<p>12</p> <p>Fish Scampi Risotto Italian Green Beans</p>
<p>15</p> <p>Hamburger w/ Caramelized Onions Mashed Potato Yellow Corn</p>	<p>16</p> <p>Asian Pork Stew Lo Mein Noodles Oriental Vegetables</p>	<p>17</p> <p>Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts</p>	<p>18</p> <p>Oven Fried Chicken Baked Mac & Cheese Collard Greens</p>	<p>19</p> <p>Cheese Lasagna Green Peas Diced Carrots</p>
<p>22</p> <p>Hawaiian Chicken Jasmine Rice California Blend Vegetables</p>	<p>23</p> <p>BBQ Pulled Pork Baked Beans Braised Cabbage</p>	<p>24</p> <p>Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Green Peas</p>	<p>25</p> <p><i>Happy Thanksgiving</i> Eggplant Rolette Penne Pasta Broccoli</p>	<p>26</p> <p>Caribbean Flounder Coconut Rice Grilled Plantain</p>
<p>29</p> <p>Stuffed Peppers Garlic Mashed Potato Sliced Carrots</p>	<p>30</p> <p>Apricot Chicken Baked Sweet Potato California Blend Vegetables</p>			

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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