



Meals On Wheels

Meals are just our first course!

December 2021

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Shrimp Alfredo Snap Peas Yellow Squash	2 Eggplant Rolette Penne Pasta Broccoli	3 Caribbean Flounder Coconut Rice Grilled Plantain
6 Meatloaf w/Mushroom Gravy Red Mashed Potato Braised Cabbage	7 Lemon Chicken Mashed Cauliflower Green Peas	8 Vegetable Lasagna Diced Carrots Italian Green Beans	9 Roast Turkey w/Gravy Herbed Stuffing Mixed Vegetables	10 Breaded Fish Sweet Potato Puffs Broccoli
13 Pot Roast w/ Gravy Mashed Potato Spinach	14 Sausage & Peppers Roasted Potato Diced Carrots	15 Stuffed Shells Italian Blend Vegetables Sautéed Squash	16 BBQ Chicken Baked Sweet Potato Yellow Corn	17 Honey Garlic Salmon Rice & Beans Collard Greens
20 Salisbury Steak w/ Mushroom Gravy Scalloped Potato Peas & Pearl Onions	21 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	22 Chicken Stir Fry Jasmine Rice Baby Carrots	23 Rigatoni Bolognese Zucchini Cauliflower	24 Fish Scampi Risotto Italian Green Beans
27 Hamburger w/ Caramelized Onions Mashed Potato Yellow Corn	28 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	29 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	30 Oven Fried Chicken Baked Mac & Cheese Collard Greens	<i>New Year's Eve 31</i> Cheese Lasagna Green Peas Diced 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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