



Meals On Wheels

Meals are just our first course!

September 2021

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Green Peas	2 Eggplant Rollatini Penne Pasta Broccoli	3 Caribbean Flounder Coconut Rice Grilled Plantain
6 HAPPY LABOR DAY! Stuffed Peppers Garlic Mashed Potato Sliced Carrots	7 Apricot Chicken Baked Sweet Potato California Blend Vegetables	8 Shrimp Alfredo Snap Peas Yellow Squash	9 Chicken Parmesan Penne Pasta Zucchini	10 Cheese Pierogies Brussels Sprouts Baby Carrots
13 Meatloaf w/Mushroom Gravy Red Mashed Potato Braised Cabbage	14 Lemon Chicken Mashed Cauliflower Green Peas	15 Vegetable Lasagna Diced Carrots Italian Green Beans	16 Roast Turkey w/Gravy Herbed Stuffing Mixed Vegetables	17 Breaded Fish Sweet Potato Puffs Broccoli
20 Pot Roast w/ Gravy Mashed Potato Spinach	21 Sausage & Peppers Roasted Potato Diced Carrots	22 Stuffed Shells Italian Blend Vegetables Sautéed Squash	23 BBQ Chicken Baked Sweet Potato Yellow Corn	24 Honey Garlic Salmon Rice & Beans Collard Greens
27 Salisbury Steak w/ Mushroom Gravy Scalloped Potato Peas & Pearl Onions	28 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	29 Chicken Stir Fry Jasmine Rice Baby Carrots	30 Rigatoni Bolognese Zucchini Cauliflower	

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

Funding provided (in part) by the Rockland County Office for the Aging, Administration on Aging, New York State Office for the Aging, and the County of Rockland