



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 Chicken Parmesan Penne Pasta Zucchini	3 Cheese Pierogies Brussels Sprouts Baby Carrots
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 Beef Stir Fry Jasmine Rice Snap Peas	14 Sausage & Peppers Roasted Potato Diced Carrots	15 Stuffed Shells Italian Blend Vegetables Sautéed Squash	16 BBQ Chicken Baked Sweet Potato Yellow Corn	17 Lemon Garlic Fish 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 Christmas Celebration Pineapple Glazed Ham Garlic Roasted Potato Grilled Asparagus
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 Breaded Chicken Baked Mac & Cheese Collard Greens	New Year's Eve 31 Pot Roast Au Gratin Potato Peas & Pearl Onions

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

This program is supported in part by the Rockland County Office for the Aging, the New York State Office for the Aging, the Administration on Aging and the County of Rockland. Contributions are voluntary and confidential and used to expand services. Services will not be denied if unable or unwilling to contribute. For those who self-disclose income at or above 185 percent of the Federal Poverty Level, the suggested contribution is equal to the service cost