



Meals On Wheels

Meals are just our first course!

November 2021

Home Delivered Meal Calendar

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

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