



Meals On Wheels

Meals are just our first course!

January 2022

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hawaiian Chicken Jasmine Rice Mixed Vegetables	4 BBQ Pulled Pork Baked Beans Braised Cabbage	5 Beef Stroganoff w/ Mushroom Gravy Vegetable Egg Noodles Green Peas	6 Eggplant Rollette Penne Pasta Broccoli	7 Caribbean Flounder Coconut Rice Grilled Plantain
10 Stuffed Peppers Mashed Potato Sliced Carrots	11 Apricot Chicken Baked Sweet Potato Mixed Vegetables	12 Shrimp Alfredo Yellow Squash Snap Peas	13 Chicken Parmesan Penne Pasta Zucchini	14 Cheese Pierogies Brussels Sprouts Baby Carrots
MLK Day 17 <i>Early Delivery</i> Meatloaf w/ Mushroom Gravy Red Mashed Potato Braised Cabbage	18 Lemon Chicken Mashed Cauliflower Green Peas	19 Vegetable Lasagna Diced Carrots Italian Green Beans	20 Roast Turkey Herb Stuffing Mixed Vegetables	21 Breaded Fish Sweet Potato Puffs Broccoli
24 Beef Stir Fry Jasmine Rice Snap Peas	25 Sausage & Peppers Roasted Potato Diced Carrots	26 Stuffed Shells Italian Vegetable Blend Sautéed Squash	27 BBQ Chicken Baked Sweet Potato Yellow Corn	28 Lemon Garlic Fish Rice & Beans Collard Greens
31 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	<i>Wishing you a Happy, Healthy, and Prosperous New Year 2022</i>			

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