



Meals On Wheels

Meals are just our first course!

January 2022

Senior Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hawaiian Chicken Jasmine Rice Cali Veg Blend	4 BBQ Pulled Pork Baked Beans Braised Cabbage	5 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Green Peas	6 Eggplant Rolette Penne Pasta Broccoli	7 Caribbean Flounder Coconut Rice Grilled Plantain
10 Stuffed Peppers Mashed Potato Sliced Carrots	11 Apricot Chicken Baked Sweet Potato Cali Veg Blend	12 Shrimp Alfredo Snap Peas Yellow Squash	13 Chicken Parmesan Penne Pasta Zucchini	14 Cheese Pierogi's Brussels Sprouts Baby Carrots
17 MLK DAY CENTER CLOSED	18 Lemon Chicken Mashed Cauliflower Green Peas	19 Birthday Celebration Pizza Mixed Green Salad Birthday Cake	20 Roast Turkey w/Gravy Herbed 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 Luau Fiesta Chicken Skewers Pineapple Rice Broccoli	27 BBQ Chicken Baked Sweet Potato Yellow Corn	28 Lemon Garlic Fish Rice & Beans Collard Greens
31 Salisbury Steak w/ Mushroom Gravy Baked Potato Green Peas				

Meals are prepared fresh daily. Milk, coffee, & 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