



Meals On Wheels

Meals are just our first course!

April 2022

Home Delivered Meal Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| | | | | 1 Caribbean Flounder Coconut Rice Grilled Plantain |
| 4 Stuffed Peppers Garlic Mashed Potato Sliced Carrots | 5 Apricot Chicken Baked Sweet Potato California Blend Vegetables | 6 Shrimp Alfredo Snap Peas Yellow Squash | 7 Chicken Parmesan Penne Pasta Zucchini | 8 Cheese Pierogi's Brussels Sprouts Baby Carrots |
| 11 Meatloaf w/Mushroom Gravy Red Mashed Potato Braised Cabbage | 12 Lemon Chicken Mashed Cauliflower Green Peas | 13 Vegetable Lasagna Diced Carrots Italian Green Beans | 14 Roast Turkey Mashed Potato Mixed Vegetables | 15 Passover Celebration Pot Roast Potato Pancake Red Cabbage |
| Easter Celebration 18 Ham w/ Pineapple Sauce Scalloped Potato Peas & Pearl Onions | 19 BBQ Chicken Baked Sweet Potato Yellow Corn | 20 Stuffed Shells Italian Vegetable Blend Sautéed Squash | 21 Sausage & Peppers Roasted Potato Diced Carrots | 22 Lemon Garlic Fish Rice & Beans Collard Greens |
| 25 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions | 26 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach | 27 Chicken Stir Fry Jasmine Rice Baby Carrots | 28 Rigatoni Bolognese Zucchini Cauliflower | 29 Fish Scampi Risotto Italian Green Beans |

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