



Meals On Wheels

Meals are just our first course!

April 2022

Senior Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Caribbean Flounder Coconut Rice Grilled Plantain
4 Stuffed Peppers 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 Potatoes Peas & Pears Onions	19 BBQ Chicken Baked Sweet Potato Yellow Corn	20 Birthday Celebration Pizza Mixed Green Salad Birthday Cake	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, 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