



Meals On Wheels

Meals are just our first course!

June 2022

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Stuffed Shells Italian Vegetable Blend Sautéed Squash	2 BBQ Chicken Baked Sweet Potato Yellow Corn	3 Lemon Garlic Fish Rice & Beans Collard Greens
6 Chicken Stir Fry Jasmine Rice Baby Carrots	7 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	8 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	9 Rigatoni Bolognese Zucchini Cauliflower	10 Fish Scampi Risotto Italian Green Beans
13 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	14 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	15 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	16 Teriyaki Chicken Basmati Rice Collard Greens	17 Cheese Lasagna Green Peas Diced Carrots
20 Hawaiian Chicken Baked Sweet Potato Italian Blend Vegetables	21 Caribbean Flounder Coconut Rice Grilled Plantain	22 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Green Peas	23 Eggplant Parmesan Penne Pasta Broccoli	24 BBQ Pulled Pork Baked Beans Braised Cabbage
27 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	28 Apricot Chicken Baked Sweet Potato California Blend Vegetables	29 Shrimp Alfredo Snap Peas Yellow Squash	30 Chicken Parmesan Penne Pasta Zucchini	

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