



Meals On Wheels

Meals are just our first course!

May 2022

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Beef Stir Fry Jasmine Rice Collard Greens</p>	<p>3</p> <p>Asian Pork Stew Lo Mein Noodles Oriental Vegetables</p>	<p>4</p> <p>Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts</p>	<p>Cinco de Mayo 5</p> <p>Arroyo Con Pollo Mexicana Rice Refried Beans</p>	<p>Mother's Day 6</p> <p>Cheese Lasagna Green Peas Diced Carrots</p>
<p>9</p> <p>Hawaiian Chicken Jasmine Rice Italian Blend Vegetables</p>	<p>10</p> <p>BBQ Pulled Pork Baked Beans Braised Cabbage</p>	<p>11</p> <p>Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Green Peas</p>	<p>12</p> <p>Eggplant Parmesan Penne Pasta Broccoli</p>	<p>13</p> <p>Caribbean Flounder Coconut Rice Grilled Plantain</p>
<p>16</p> <p>Stuffed Peppers Garlic Mashed Potato Sliced Carrots</p>	<p>17</p> <p>Apricot Chicken Baked Sweet Potato California Blend Vegetables</p>	<p>18</p> <p>Shrimp Alfredo Snap Peas Yellow Squash</p>	<p>19</p> <p>Chicken Parmesan Penne Pasta Zucchini</p>	<p>20</p> <p>Cheese Pierogi's Brussels Sprouts Baby Carrots</p>
<p>23</p> <p>Meatloaf w/Mushroom Gravy Red Mashed Potato Braised Cabbage</p>	<p>24</p> <p>Lemon Chicken Mashed Cauliflower Green Peas</p>	<p>25</p> <p>Vegetable Lasagna Diced Carrots Italian Green Beans</p>	<p>26</p> <p>Roast Turkey Mashed Potato Mixed Vegetables</p>	<p>27</p> <p>Breaded Fish Sweet Potato Puffs Broccoli</p>
<p>Memorial Day 30</p> <p>Hamburger w/ Caramelized Onions Mashed Potato Yellow Corn</p>	<p>31</p> <p>Sausage & Peppers Roasted Potato Diced Carrots</p>			

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