



Meals On Wheels

Meals are just our first course!

August 2022

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hawaiian Chicken Baked Yam Italian Blend Vegetables	2 Caribbean Flounder Coconut Rice Grilled Plantain	3 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Petit Green Peas	4 Eggplant Parmesan Penne Pasta Broccoli	5 BBQ Pulled Pork Baked Beans Braised Red Cabbage
8 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	9 Apricot Chicken Sweet Potato California Blend Vegetables	10 Shrimp Alfredo Snap Peas Yellow Squash	11 Chicken Parmesan Cavatappi Pasta Zucchini	12 Cheese Pierogi's Brussels Sprouts Crinkle Carrots
15 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	16 Lemon Chicken Mashed Cauliflower Green Peas	17 Vegetable Lasagna Peas & Carrots Cut Green Beans	18 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	19 Breaded Fish Sweet Potato Puffs Steamed Broccoli
22 Beef Stir Fry Jasmine Rice Yellow Beans	23 BBQ Chicken Sautéed Kale Corn	24 Stuffed Shells Italian Vegetable Blend Sautéed Squash	25 Turkey Sausage & Peppers Roasted Potato Carrots	26 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens
29 Chicken Stir Fry Rice Pilaf Baby Carrots	30 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	31 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions		

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