



Meals On Wheels

Meals are just our first course!

July 2022

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pierogi's Brussels Sprouts Baby Carrots
Happy July 4th 4 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	5 Lemon Chicken Mashed Cauliflower Green Peas	6 Vegetable Lasagna Diced Carrots Italian Green Beans	7 Roast Turkey Mashed Potato Mixed Vegetables	8 Breaded Fish Sweet Potato Puffs Broccoli
11 Beef Stir Fry Jasmine Rice Snap Peas	12 BBQ Chicken Baked Sweet Potato Yellow Corn	13 Stuffed Shells Italian Vegetable Blend Sautéed Squash	14 Turkey Sausage & Peppers Roasted Potato Diced Carrots	15 Lemon Garlic Fish Rice & Beans Collard Greens
18 Chicken Stir Fry Jasmine Rice Baby Carrots	19 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	20 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	21 Rigatoni Bolognese Zucchini Cauliflower	22 Fish Scampi Risotto Italian Green Beans
25 Cheese Lasagna Green Peas Diced Carrots	26 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	27 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	28 Teriyaki Chicken Basmati Rice Collard Greens	29 Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage

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