



Meals On Wheels

Meals are just our first course!

October 2022

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stir Fry Jasmine Rice Yellow Beans	4 BBQ Chicken Sautéed Kale Corn	5 Stuffed Shells Italian Vegetable Blend Sautéed Squash	6 Chicken Sausage & Peppers Roasted Potato Carrots	7 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens
10 Chicken Stir Fry Rice Pilaf Baby Carrots	11 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	12 Salisbury Steak w/ Mushroom Gravy Scalloped Potato Peas & Pearl Onions	13 Rigatoni Bolognese Butternut Squash Cauliflower	14 Fish Scampi Risotto Italian Green Beans
17 Cheese Lasagna Green Peas Diced Carrots	18 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	19 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	20 Teriyaki Chicken Basmati Rice Collard Greens	Octoberfest 21 Pot Roast Mashed Potato Braised Cabbage
24 Hawaiian Chicken Baked Yam Italian Blend Vegetables	25 Caribbean Flounder Coconut Rice Grilled Plantain	26 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Petit Green Peas	27 Eggplant Parmesan Penne Pasta Broccoli	28 BBQ Pulled Pork Baked Beans Braised Red Cabbage
31 Stuffed Peppers Garlic Mashed Potato Sliced Carrots				

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