



Meals On Wheels

Meals are just our first course!

September 2022

Senior Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Rigatoni Bolognese Butternut Squash Cauliflower	2 Fish Scampi Risotto Italian Green Beans
5 Centers Closed For Labor Day	6 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	7 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	8 Teriyaki Chicken Basmati Rice Collard Greens	9 Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage
12 Hawaiian Chicken Baked Yam Italian Blend Vegetables	13 Caribbean Flounder Coconut Rice Grilled Plantain	14 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Petit Green Peas	15 Eggplant Parmesan Penne Pasta Broccoli	16 BBQ Pulled Pork Baked Beans Braised Red Cabbage
19 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	20 Apricot Chicken Sweet Potato California Blend Vegetables	21 Birthday Celebration Pizza Mixed Green Salad Birthday Cake	22 Chicken Parmesan Cavatappi Pasta Zucchini	23 Cheese Pierogi's Brussels Sprouts Crinkle Carrots
26 Rosh Hashanah Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	27 Lemon Chicken Mashed Cauliflower Green Peas	28 Vegetable Lasagna Peas & Carrots Cut Green Beans	29 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	30 Breaded Fish Sweet Potato Puffs Steamed Broccoli

Meals are prepared fresh daily. Milk, coffee, & 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