



# Meals On Wheels

*Meals are just our first course!*

## November 2022

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Apricot Chicken Sweet Potato California Blend Vegetables	2 Shrimp Alfredo Snap Peas Yellow Squash	3 Chicken Parmesan Cavatappi Pasta Zucchini	4 Cheese Pierogi's Brussels Sprouts Crinkle Carrots
7 Hamburger Baked Sweet Potato Yellow Corn	8 Lemon Chicken Mashed Cauliflower Green Peas	9 Vegetable Lasagna Peas & Carrots Cut Green Beans	10 Rigatoni Bolognese Butternut Squash Cauliflower	11 Breaded Fish Sweet Potato Puffs Steamed Broccoli
14 Beef Stir Fry Jasmine Rice Yellow Beans	15 BBQ Chicken Sautéed Kale Corn	16 Stuffed Shells Italian Vegetable Blend Sautéed Squash	17 Chicken Sausage & Peppers Roasted Potato Carrots	18 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens
21 Chicken Stir Fry Rice Pilaf Baby Carrots	22 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	23 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	<b>Thanksgiving</b> 24 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	25 Fish Scampi Risotto Italian Green Beans
28 Cheese Lasagna Green Peas Diced Carrots	29 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	30 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts		

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](http://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