



# Meals On Wheels

*Meals are just our first course!*

## December 2022

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Teriyaki Chicken Basmati Rice Collard Greens	<b>2</b> Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage
<b>5</b> Hawaiian Chicken Baked Yam Italian Blend Vegetables	<b>6</b> Caribbean Flounder Coconut Rice Grilled Plantain	<b>7</b> Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Petit Green Peas	<b>8</b> Eggplant Parmesan Penne Pasta Broccoli	<b>9</b> BBQ Pulled Pork Baked Beans Braised Red Cabbage
<b>12</b> Stuffed Peppers Garlic Mashed Potato Sliced Carrots	<b>13</b> Apricot Chicken Sweet Potato California Blend Vegetables	<b>14</b> Shrimp Alfredo Snap Peas Yellow Squash	<b>15</b> Chicken Parmesan Cavatappi Pasta Zucchini	<b>16</b> Cheese Pierogi's Brussels Sprouts Crinkle Carrots
<b>Happy Hanukkah 19</b> Lemon chicken Green Peas Potato Pancakes	<b>20</b> Hamburger Mashed Cauliflower Yellow Corn	<b>21</b> Vegetable Lasagna Peas & Carrots Cut Green Beans	<b>22</b> Rigatoni Bolognese Butternut Squash Cauliflower	<b>23</b> Breaded Fish Sweet Potato Puffs Steamed Broccoli
<b>Christmas Celebration 26</b> Pineapple Glazed Ham Jasmine Rice Yellow Beans	<b>27</b> BBQ Chicken Sautéed Kale Corn	<b>28</b> Stuffed Shells Italian Vegetable Blend Sautéed Squash	<b>29</b> Chicken Sausage & Peppers Roasted Potato Carrots	<b>30</b> Lemon Garlic Fish Rice & Beans Sautéed Collard Greens

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