



January 2023

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Years 2 Chicken Stir Fry Rice Pilaf Baby Carrots	3 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	4 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	5 Rigatoni Bolognese Butternut Squash Cauliflower	6 Fish Scampi Risotto Italian Green Beans
9 Cheese Lasagna Green Peas Diced Carrots	10 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	11 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	12 Teriyaki Chicken Basmati Rice Collard Greens	13 Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage
MLK Day 16 Breaded Chicken Baked Yam Black Eyed Peas	17 Caribbean Flounder Coconut Rice Grilled Plantain	18 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Petit Green Peas	19 Eggplant Parmesan Penne Pasta Broccoli	20 BBQ Pulled Pork Baked Beans Braised Red Cabbage
Chinese New Year 23 Apricot Chicken Sweet Potato California Blend Vegetables	24 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	25 Shrimp Alfredo Snap Peas Yellow Squash	26 Chicken Parmesan Cavatappi Pasta Zucchini	27 Cheese Pierogi's Brussels Sprouts Crinkle Carrots
30 Hamburger Baked Sweet Potato Yellow Corn	31 Lemon Chicken Mashed Cauliflower Green Peas			

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

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