



February 2023

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Vegetable Lasagna Peas & Carrots Cut Green Beans	2 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	3 Breaded Fish Sweet Potato Puffs Steamed Broccoli
6 Beef Stir Fry Jasmine Rice Yellow Beans	Black History Celebration 7 BBQ Chicken Black Eyed Peas Collard Greens Cornbread Sweet Potato Pie	8 Stuffed Shells Italian Vegetable Blend Sautéed Squash	9 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	Super Bowl Party 10 Hot Dogs Hamburgers Chili Veggie Platter
13 Chicken Stir Fry Rice Pilaf Baby Carrots	Valentine's Day 14 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach Red Velvet Cupcake	Birthday Celebration 15 Pizza Mixed Green Salad Birthday Cake	16 Rigatoni Bolognese Butternut Squash Cauliflower	17 Fish Scampi Risotto Italian Green Beans
President's Day 20 Meatloaf w/ Gravy Mashed Potato Braised Cabbage	21 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	22 Baked Cod w/ Sauce Lemon Zested Orzo Brussels Sprouts	23 Teriyaki Chicken Basmati Rice Collard Greens	24 Cheese Lasagna Green Peas Diced Carrots
27 Hawaiian Chicken Baked Yam Italian Vegetables	28 BBQ Pulled Pork Baked Beans Braised Cabbage			

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