



February 2023

Home Delivered Meals 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 | 7 BBQ Chicken Sautéed Kale Corn | 8 Stuffed Shells Italian Vegetable Blend Sautéed Squash | 9 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens | 10 Chicken Sausage & Peppers Roasted Potato Carrots |
| 13 Chicken Stir Fry Rice Pilaf Baby Carrots | 14 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach | 15 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions | 16 Rigatoni Bolognese Butternut Squash Cauliflower | 17 Fish Scampi Risotto Italian Green Beans |
| President's Day 20 Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage | 21 Asian Pork Stew Lo Mein Noodles Oriental Vegetables | 22 Baked Cod w/ Creole 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 Blend Vegetables | 28 BBQ Pulled Pork Baked Beans Braised Red 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