



March 2023

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Petit Green Peas	2 Eggplant Parmesan Penne Pasta Broccoli	3 Caribbean Flounder Coconut Rice Grilled Plantain
6 Stuffed Peppers Garlic Mash Potato Sliced Carrots	7 Apricot Chicken Sweet Potato California Blend	8 Shrimp Alfredo Snap Peas Yellow Squash	9 Chicken Parmesan Cavatappi Pasta Zucchini	10 Cheese Pierogi's Brussels Sprouts Crinkle Carrots
13 Hamburger Baked Sweet Potato Yellow Corn	14 Lemon Chicken Mashed Cauliflower Green Peas	15 Vegetable Lasagna Peas & Carrots Cut Green Beans	St. Patricks 16 Corned Beef Cabbage Red Potatoes	17 Breaded Fish Sweet Potato Puffs Steamed Broccoli
20 Beef Stir Fry Jasmine Rice Yellow Beans	21 BBQ Chicken Sautéed Kale Corn	22 Stuffed Shells Italian Vegetable Blend Sautéed Squash	23 Chicken Sausage & Peppers Roasted Potato Carrots	24 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens
27 Chicken Stir Fry Rice Pilaf Baby Carrots	28 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	29 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	30 Rigatoni Bolognese Butternut Squash Cauliflower	31 Fish Scampi Risotto Italian Green Beans

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