



# April 2023

## Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage</p>	<p><b>4</b></p> <p>Asian Pork Stew Lo Mein Noodles Oriental Vegetables</p>	<p><b>5</b></p> <p>Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts</p>	<p><b>6</b></p> <p><b>Passover Celebration</b> Pot Roast Potato Pancakes Red Cabbage</p>	<p><b>7</b></p> <p>Cheese Lasagna Green Peas Diced Carrots</p>
<p><b>Easter 10</b></p> <p>Ham w/ Pineapple Sauce Scalloped Potato Peas &amp; Pearl Onions</p>	<p><b>11</b></p> <p>Hawaiian Chicken Baked Yam Italian Blend Vegetables</p>	<p><b>12</b></p> <p>Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Petit Green Peas</p>	<p><b>13</b></p> <p>Eggplant Parmesan Penne Pasta Broccoli</p>	<p><b>14</b></p> <p>Caribbean Flounder Coconut Rice Grilled Plantain</p>
<p><b>17</b></p> <p>Stuffed Peppers Garlic Mash Potato Sliced Carrots</p>	<p><b>18</b></p> <p>Apricot Chicken Sweet Potato California Blend</p>	<p><b>19</b></p> <p>Shrimp Alfredo Snap Peas Yellow Squash</p>	<p><b>20</b></p> <p>Chicken Parmesan Cavatappi Pasta Zucchini</p>	<p><b>21</b></p> <p>Cheese Pierogi's Brussels Sprouts Crinkle Carrots</p>
<p><b>24</b></p> <p>Hamburger Baked Sweet Potato Yellow Corn</p>	<p><b>25</b></p> <p>Lemon Chicken Mashed Cauliflower Green Peas</p>	<p><b>26</b></p> <p>Vegetable Lasagna Peas &amp; Carrots Cut Green Beans</p>	<p><b>27</b></p> <p>Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables</p>	<p><b>28</b></p> <p>Breaded Fish Sweet Potato Puffs Steamed Broccoli</p>

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