



May 2023

Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stir Fry Jasmine Rice Yellow Beans	2 BBQ Chicken Sautéed Kale Corn	3 Stuffed Shells Italian Vegetable Blend Sautéed Squash	4 Chicken Sausage & Peppers Roasted Potato Carrots	Cinco de Mayo 5 Arroz con Pollo Mexicana Rice Refried Beans
8 Chicken Stir Fry Rice Pilaf Baby Carrots	9 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	10 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	11 Rigatoni Bolognese Butternut Squash Cauliflower	Mother's Day 12 Fish Scampi Risotto Italian Green Beans
15 Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage	16 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	17 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	18 Teriyaki Chicken Basmati Rice Collard Greens	19 Cheese Lasagna Green Peas Diced Carrots
22 Hawaiian Chicken Baked Yam Italian Blend Vegetables	23 BBQ Pulled Pork Baked Beans Braised Red Cabbage	24 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Petit Green Peas	25 Eggplant Parmesan Penne Pasta Broccoli	26 Caribbean Flounder Coconut Rice Grilled Plantain
Memorial Day 29 Hamburger Baked Sweet Potato Yellow Corn	30 Apricot Chicken Sweet Potato California Blend	31 Shrimp Alfredo Snap Peas Yellow Squash		

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