



# September 2023

## Home Delivered Meals Menu

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   |   |   |   | <b>1</b><br>Breaded Fish<br>Sweet Potato Puffs<br>Steamed Broccoli            |
| <b>Labor Day 4</b><br>Beef Stir Fry<br>Jasmine Rice<br>Yellow Beans       | <b>5</b><br>BBQ Chicken<br>Sautéed Kale<br>Corn                               | <b>6</b><br>Stuffed Shells<br>Italian Vegetable Blend<br>Sautéed Squash                     | <b>7</b><br>Lemon Garlic Fish<br>Rice & Beans<br>Sautéed Collard Greens | <b>8</b><br>Chicken Sausage<br>& Peppers<br>Roasted Potato<br>Carrots         |
| <b>11</b><br>Chicken Stir Fry<br>Rice Pilaf<br>Baby Carrots               | <b>12</b><br>Roast Porkloin<br>w/ Gravy<br>Mashed Potatoes<br>Braised Cabbage | <b>13</b><br>Salisbury Steak<br>w/Mushroom Gravy<br>Scalloped Potato<br>Peas & Pearl Onions | <b>14</b><br>Rigatoni Bolognese<br>Butternut Squash<br>Cauliflower      | <b>Rosh Hashanah 15</b><br>Salmon Burger<br>Risotto<br>Italian Green<br>Beans |
| <b>18</b><br>Cheese Lasagna<br>Green Peas<br>Diced Carrots                | <b>19</b><br>Asian Pork Stew<br>Lo Mein Noodles<br>Oriental Vegetables        | <b>20</b><br>Baked Cod<br>w/ Creole Sauce<br>Lemon Zested Orzo<br>Brussels Sprouts          | <b>21</b><br>Teriyaki Chicken<br>Basmati Rice<br>Collard Greens         | <b>22</b><br>Meatloaf w/<br>Mushroom Gravy<br>Mashed Potato<br>Cabbage        |
| <b>25</b><br>Hawaiian Chicken<br>Baked Yam<br>Italian Blend<br>Vegetables | <b>26</b><br>Caribbean Flounder<br>Coconut Rice<br>Grilled Plantain           | <b>27</b><br>Pesto Parmesan<br>Tortellini<br>Stewed Tomatoes<br>Sautéed Spinach             | <b>28</b><br>Eggplant Parmesan<br>Penne Pasta<br>Broccoli               | <b>29</b><br>BBQ Pulled Pork<br>Baked Beans<br>Braised Red<br>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](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