



## November 2023 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheese Blintzes Green Beans Carrots	2 Turkey Meatloaf Garlic Mashed Potatoes Sautéed Spinach	3 Chicken Kotleti Rice Zucchini
6 Breaded Fish Fillet Orzo California Blend Vegetables	7 Sesame Chicken Legs Brown Rice Oriental Blend Vegetables	8 Beet Veggie Burger Kasha Carrots	9 Chicken & Broccoli Stir Fry Glazed Sweet Potatoes Steamed Broccoli	10 Salmon Burger Bowtie Pasta w/ Kasha Zucchini
13 Baked Fish w/ Sweet & Sour Sauce Egg Barley Baby Carrots	14 Chicken Cacciatore Brown Rice Asian Cabbage	15 Hawaiian Chicken Legs Rice Carrots & Green Beans	16 Beef Meatballs Orzo California Blend Vegetables	17 Gefilte Fish Potato Kugel Carrot Tzimmes
20 Breaded Chicken Legs Glazed Sweet Potato Asian Cabbage w/ Eggs	21 Baked Ziti w/ Cheese Italian Blend Vegetables	22 Baked Fish w/ Lemon Garlic Butter Sauce Egg Barley Zucchini	23 Cheese Blintzes Steamed Carrots	24 Baked Asian Style Honey Chicken Home Fries Oriental Blend
27 Chicken Gumbo Brown Rice California Blend Vegetables	28 California Veggie Burgers Corn Niblets Sautéed Spinach	29 Hawaiian Chicken Legs Baked Sweet Potato Steamed Okra	30 Beef Salisbury Steak Orzo Steamed Carrots & Green Beans	

### *Kosher certification upon request*

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)

Packaged meals are under the kosher supervision of the and Rabbi M. Unger of Mechon L'Kashrus

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."