



November 2023

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	2 Teriyaki Chicken Basmati Rice Collard Greens	3 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
6 Hawaiian Chicken Baked Yam Italian Blend Vegetables	7 Caribbean Flounder Coconut Rice Grilled Plantain	8 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach	9 Eggplant Parmesan Penne Pasta Broccoli	10 BBQ Pulled Pork Baked Beans Braised Red Cabbage
Veteran's Day 13 Hamburger Baked Sweet Potato Yellow Corn	14 Apricot Chicken Sweet Potato California Blend	15 Shrimp Alfredo Snap Peas Yellow Squash	16 Chicken Parmesan Cavatappi Pasta Zucchini	17 Cheese Pierogi's Brussels Sprouts Crinkle Carrots
20 Stuffed Peppers Garlic Mash Potato Sliced Carrots	21 Lemon Chicken Mashed Cauliflower Green Peas	22 Vegetable Lasagna Peas & Carrots Cut Green Beans	Thanksgiving 23 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	24 Breaded Fish Sweet Potato Puffs Steamed Broccoli
27 Beef Stir Fry Jasmine Rice Yellow Beans	28 BBQ Chicken Sautéed Kale Corn	29 Stuffed Shells Italian Vegetable Blend Sautéed Squash	30 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	

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