



January 2024

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Years 1 Stuffed Peppers Garlic Mash Potato Sliced Carrots	2 Lemon Chicken Mashed Cauliflower Green Peas	3 Vegetable Lasagna Peas & Carrots Cut Green Beans	4 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	5 Breaded Fish Sweet Potato Puffs Steamed Broccoli
8 Beef Stir Fry Jasmine Rice Yellow Beans	9 BBQ Chicken Sautéed Kale Corn	10 Stuffed Shells Italian Vegetable Blend Sautéed Squash	11 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	12 Chicken Sausage & Peppers Roasted Potato Carrots
MLK Day 15 Breaded Chicken Baked Yam Black Eyed Peas	16 Roast Porkloin w/ Gravy Mashed Potatoes Braised Cabbage	17 Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	18 Rigatoni Bolognese Butternut Squash Cauliflower	19 Salmon Burger Risotto Italian Green Beans
22 Cheese Lasagna Green Peas Diced Carrots	23 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	24 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	25 Teriyaki Chicken Basmati Rice Collard Greens	26 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
29 Hawaiian Chicken Baked Yam Italian Blend Vegetables	30 Caribbean Flounder Coconut Rice Grilled Plantain	31 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach		

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