



# January 2024 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Breaded Chicken Legs Glazed Sweet Potato Asian Cabbage w/ Eggs	<b>2</b> Baked Ziti w/ Cheese Italian Blend Vegetables	<b>3</b> Baked Fish w/ Lemon Garlic Butter Sauce Egg Barley Zucchini	<b>4</b> Cheese Blintzes Steamed Carrots	<b>5</b> Baked Asian Style Honey Chicken Home Fries Oriental Blend
<b>8</b> Chicken Gumbo Brown Rice California Blend Vegetables	<b>9</b> California Veggie Burgers Corn Niblets Sautéed Spinach	<b>10</b> Hawaiian Chicken Legs Baked Sweet Potato Steamed Okra	<b>11</b> Beef Salisbury Steak Orzo Steamed Carrots & Green Beans	<b>12</b> Lemon Salmon Broccoli Red Potatoes
<b>15</b> Beef Sloppy Joe Pasta Steamed Green Beans	<b>16</b> Baked Fish Vegetable Couscous Zucchini	<b>17</b> Cheesy Stuffed Shells Sautéed Zucchini Steamed Carrots	<b>18</b> Turkey Bean Chili Brown Rice California blend Vegetables	<b>19</b> Tofu Stuffed Peppers Bowtie Pasta w/ Kasha Vegetable Mix
<b>22</b> Chinese Style Chicken Patty Potato Kugel	<b>23</b> Meaty Baked Ziti California Blend Vegetables Zucchini in Garlic Sauce	<b>24</b> Cheese Blintzes Green Beans Carrots	<b>25</b> Turkey Meatloaf Garlic Mashed Potatoes Sautéed Spinach	<b>26</b> Chicken Kotleti Rice Zucchini
<b>29</b> Breaded Fish Fillet Orzo California Blend Vegetables	<b>30</b> Sesame Chicken Legs Brown Rice Oriental Blend Vegetables	<b>31</b> Beet Veggie Burger Kasha Carrots		

***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."