



February 2024

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Eggplant Rollatini Penne Pasta Broccoli	2 BBQ Pulled Pork Baked Beans Braised Red Cabbage
5 Stuffed Peppers Garlic Mash Potato Sliced Carrots	6 Apricot Chicken Sweet Potato California Blend	7 Shrimp Alfredo Snap Peas Yellow Squash	8 Chicken Parmesan Cavatappi Pasta Zucchini	9 Cheese Pierogi's Edamame Crinkle Carrots
12 Hamburger Baked Sweet Potato Yellow Corn	13 Lemon Chicken Mashed Cauliflower Green Peas	14 Cheese Manicotti Peas & Carrots Cut Green Beans	15 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	16 Breaded Fish Brown Rice Pilaf Steamed Broccoli
President's Day 19 Beef Stir Fry Jasmine Rice Yellow Beans	20 BBQ Chicken Sautéed Kale Corn	21 Salisbury Steak Scalloped Potato Peas & Pearl Onions	22 Chicken Sausage & Peppers Roasted Potato Carrots	23 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens
26 Chicken Stir Fry Jasmice Rice Pilaf Glazed Baby Carrots	27 Roast Porkloin Mashed Potatoes Braised Green Cabbage	28 Pollo Guisado Arroz Blanco Squash	29 Rigatoni Bolognese Butternut Squash Cauliflower	

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