



February 2024

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Eggplant Rollatini Penne Pasta Broccoli	2 BBQ Pulled Pork Baked Beans Braised Red Cabbage
Super Bowl Party 5 Hot Dogs Hamburgers Chili Veggie Platter	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 Hamburgers Baked Sweet Potato Yellow Corn	Taco Tuesday 13 Tacos w/ Toppings Refried Beans Spanish Rice	Valentine's Day 14 Cheese Manicotti Peas & Carrots Cut Green Beans Red Velvet Cupcake	15 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	16 Breaded Fish Brown Rice Pilaf Steamed Broccoli
Centers Closed For President's Day 19	Black History 20 BBQ Chicken Black Eyed Peas Collard Greens Cornbread Sweet Potato Pie	Birthday Party 21 Pizza Mixed Green Salad Birthday Cake	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