



February 2024 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Broccoli Stir Fry Glazed Sweet Potatoes Steamed Broccoli	2 Salmon Burger Bowtie Pasta w/ Kasha Zucchini
5 Baked Fish w/ Sweet & Sour Sauce Egg Barley Baby Carrots	6 Chicken Cacciatore Brown Rice Asian Cabbage	7 Hawaiian Chicken Legs Rice Carrots & Green Beans	8 Beef Meatballs Orzo California Blend Vegetables	9 Gefilte Fish Potato Kugel Carrot Tzimmes
12 Breaded Chicken Legs Glazed Sweet Potato Asian Cabbage w/ Eggs	13 Baked Ziti w/ Cheese Italian Blend Vegetables	14 Baked Fish w/ Lemon Garlic Butter Sauce Egg Barley Zucchini	15 Cheese Blintzes Steamed Carrots	16 Baked Asian Style Honey Chicken Home Fries Oriental Blend
19 Chicken Gumbo Brown Rice California Blend Vegetables	20 California Veggie Burgers Corn Niblets Sautéed Spinach	21 Hawaiian Chicken Legs Baked Sweet Potato Steamed Okra	22 Beef Salisbury Steak Orzo Steamed Carrots & Green Beans	23 Lemon Salmon Broccoli Red Potatoes
26 Beef Sloppy Joe Pasta Steamed Green Beans	27 Baked Fish Vegetable Couscous Zucchini	28 Cheesy Stuffed Shells Sautéed Zucchini Steamed Carrots	29 Turkey Bean Chili Brown Rice California blend Vegetables	

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

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."