



March 2024

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Salmon Burger Risotto Italian Green Beans
4 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage	5 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	6 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	7 Teriyaki Chicken Basmati Rice Collard Greens	8 Cheese Lasagna Green Peas Diced Carrots
11 Hawaiian Chicken Baked Yam Italian Blend Vegetables	12 Caribbean Flounder Coconut Rice Grilled Plantain	13 BBQ Pulled Pork Baked Beans Braised Red Cabbage	14 Eggplant Rollatini Penne Pasta Broccoli	15 Pesto Parmesan Tortellini Lentils Sauteed Spinach
St. Patrick's 18 Corned Beef Cabbage Red Potatoes	19 Apricot Chicken Sweet Potato California Blend	20 Shrimp Alfredo Snap Peas Yellow Squash	21 Chicken Parmesan Cavatappi Pasta Zucchini	22 Cheese Pierogi's Edamame Crinkle Carrots
25 Hamburger Baked Sweet Potato Yellow Corn	26 Lemon Chicken Mashed Cauliflower Green Peas	27 Cheese Manicotti Peas & Carrots Cut Green Beans	28 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	29 Breaded Fish Brown Rice Pilaf Steamed Broccoli

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