



# March 2024

## Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Salmon Burger Risotto Italian Green Beans
<b>4</b> Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage	<b>Taco Tuesday 5</b> Tacos w/ Toppings Refried Beans Spanish Rice	<b>6</b> Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	<b>7</b> Teriyaki Chicken Basmati Rice Collard Greens	<b>8</b> Cheese Lasagna Green Peas Diced Carrots
<b>11</b> Hawaiian Chicken Baked Yam Italian Blend Vegetables	<b>12</b> Caribbean Flounder Coconut Rice Grilled Plantain	<b>13</b> BBQ Pulled Pork Baked Beans Braised Red Cabbage	<b>14</b> Eggplant Rollatini Penne Pasta Broccoli	<b>15</b> Pesto Parmesan Tortellini Lentils Sautéed Spinach
<b>St. Patricks 18</b> Corned Beef Cabbage Red Potatoes	<b>19</b> Apricot Chicken Sweet Potato California Blend	<b>Birthday Party 20</b> Pizza Mixed Green Salad Birthday Cake	<b>21</b> Chicken Parmesan Cavatappi Pasta Zucchini	<b>22</b> Cheese Pierogi's Edamame Crinkle Carrots
<b>25</b> Hamburger Baked Sweet Potato Yellow Corn	<b>26</b> Lemon Garlic Chicken Berenjena Asada (Roasted Eggplant) Cuban Black Beans	<b>27</b> Cheese Manicotti Peas & Carrots Cut Green Beans	<b>28</b> Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	<b>29</b> 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](http://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