



April 2024

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Easter 1 Ham w/ Pineapple Sauce Jasmine Rice Yellow Beans	2 BBQ Chicken Sauteed kale Corn	3 Salisbury Steak Scalloped Potato Peas & Pearl Onions	4 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	5 Salad Bar Dinner Rolls
8 Chicken Stir Fry Jasmice Rice Pilaf Glazed Baby Carrots	Taco Tuesday 9 Tacos w/ Toppings Refried Beans Spanish Rice	10 Pollo Guisado Arroz Blanco Squash	11 Rigatoni Bolognese Butternut Squash Cauliflower	12 Salmon Burger Risotto Italian Green Beans
15 Cheese Lasagna Steamed Edamame Diced Carrots	16 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	Birthday Party 17 Pizza Mixed Green Salad Birthday Cake	18 Teriyaki Chicken Basmati Rice Collard Greens	19 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
Passover 22 Pot Roast Potato Pancakes Red Cabbage	23 Caribbean Flounder Coconut Rice Grilled Plantain	24 Pesto Parmesan Tortellini Lentils Sauteed Spinach	25 Cuban Flank Steak Arroz Con Maiz Salad	26 BBQ Pulled Pork Baked Beans Braised Red Cabbage
29 Stuffed Peppers Garlic Mash Potato Sliced Carrots	30 Apricot Chicken Sweet Potato California Blend			

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