



June 2024

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hawaiian Chicken Baked Yam Italian Blend Vegetables	4 Caribbean Flounder Coconut Rice Grilled Plantain	5 Pesto Parmesan Tortellini Lentils Sautéed Spinach	6 Eggplant Rollatini Penne Pasta Broccoli	7 BBQ Pulled Pork Baked Beans Braised Red Cabbage
10 Stuffed Peppers Garlic Mash Potato Sliced Carrots	11 Apricot Chicken Sweet Potato California Blend	12 Shrimp Alfredo Snap Peas Yellow Squash	13 Chicken Parmesan Cavatappi Pasta Zucchini	14 Cheese Ravioli w/ Marinara Sauce Edamame Crinkle Carrots
Father's Day 17 Hamburger Baked Sweet Potato Yellow Corn	18 Lemon Chicken Mashed Cauliflower Green Peas	19 Cheese Manicotti Peas & Carrots Cut Green Beans	20 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	21 Breaded Fish Brown Rice Pilaf Steamed Broccoli
24 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	25 BBQ Chicken Sautéed Kale Corn	26 Salisbury Steak Scalloped Potato Peas & Pearl Onions	27 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	28 Chicken Sausage & Peppers Roasted Potato Carrots

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