



May 2024

Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Shrimp Alfredo Snap Peas Yellow Squash	2 Chicken Parmesan Cavatappi Pasta Zucchini	3 Cheese Ravioli w/ Marinara Sauce Edamame Crinkle Carrots
Cinco de Mayo 6 Arroz con Pollo Mexicana Rice Refried Beans	7 Lemon Chicken Mashed Cauliflower Green Peas	8 Cheese Manicotti Peas & Carrots Cut Green Beans	9 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	10 Breaded Fish Brown Rice Pilaf Steamed Broccoli
Mother's Day 13 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	14 BBQ Chicken Sautéed Kale Corn	15 Salisbury Steak Scalloped Potato Peas & Pearl Onions	16 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	17 Chicken Sausage & Peppers Roasted Potato Carrots
20 Chicken Stir Fry Jasmine Rice Pilaf Glazed Baby Carrots	21 Roast Porkloin Mashed Potatoes Braised Green Cabbage	22 Pollo Guisado Arroz Blanco Squash	23 Rigatoni Bolognese Butternut Squash Cauliflower	24 Salmon Burger Risotto Italian Green Beans
Memorial Day 27 Hamburger Baked Sweet Potato Yellow Corn	28 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	29 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	30 Teriyaki Chicken Basmati Rice Collard Greens	31 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage

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