



# July 2024

## Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Stir Fry Jasmine Rice Pilaf Glazed Baby Carrots	<b>2</b> Roast Porkloin Mashed Potatoes Braised Green Cabbage	<b>July 4<sup>th</sup> Celebration 3</b> Hamburger Baked Sweet Potato Yellow Corn	<b>4</b> <b>Centers Closed For July 4th</b>	<b>5</b> Salmon Burger Risotto Italian Green Beans
<b>8</b> Cheese Lasagna Steamed Edamame Diced Carrots	<b>9</b> Asian Pork Stew Lo Mein Noodles Oriental Vegetables	<b>10</b> Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	<b>11</b> Teriyaki Chicken Basmati Rice Collard Greens	<b>12</b> <b>Salad Bar</b>
<b>15</b> Hawaiian Chicken Baked Yam Italian Blend Vegetables	<b>Taco Tuesday 16</b> Tacos w/ Toppings Refried Beans Spanish Rice	<b><u>Birthday Party</u> 17</b> Pizza Mixed Green Salad Birthday Cake	<b>18</b> Eggplant Rollatini Penne Pasta Broccoli	<b>19</b> BBQ Pulled Pork Baked Beans Braised Red Cabbage
<b>22</b> Stuffed Peppers Garlic Mash Potato Sliced Carrots	<b>23</b> Apricot Chicken Sweet Potato California Blend	<b>24</b> Shrimp Alfredo Snap Peas Yellow Squash	<b>25</b> Chicken Parmesan Cavatappi Pasta Zucchini	<b>26</b> <b>Cold Lunch</b>
<b>29</b> Hamburger Baked Sweet Potato Yellow Corn	<b>30</b> Lemon Chicken Mashed Cauliflower Green Peas	<b>31</b> Cheese Manicotti Peas & Carrots Cut Green Beans		

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