



July 2024

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Stir Fry Jasmine Rice Pilaf Glazed Baby Carrots	2 Roast Pork loin Mashed Potatoes Braised Green Cabbage	3 Pollo Guisado Arroz Blanco Squash	Happy July 4th 4 Hamburger Baked Sweet Potato Yellow Corn	5 Salmon Burger Risotto Italian Green Beans
8 Cheese Lasagna Steamed Edamame Diced Carrots	9 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	10 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	11 Teriyaki Chicken Basmati Rice Collard Greens	12 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
15 Hawaiian Chicken Baked Yam Italian Blend Vegetables	16 Caribbean Flounder Coconut Rice Grilled Plantain	17 Pesto Parmesan Tortellini Lentils Sauteed Spinach	18 Eggplant Rollatini Penne Pasta Broccoli	19 BBQ Pulled Pork Baked Beans Braised Red Cabbage
22 Stuffed Peppers Garlic Mash Potato Sliced Carrots	23 Apricot Chicken Sweet Potato California Blend	24 Shrimp Alfredo Snap Peas Yellow Squash	25 Chicken Parmesan Cavatappi Pasta Zucchini	26 Cheese Ravioli w/ Marinara Sauce Edamame Crinkle Carrots
29 Hamburger Baked Sweet Potato Yellow Corn	30 Lemon Chicken Mashed Cauliflower Green Peas	31 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

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