



# July 2024 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Beef Meatballs in Tomato Sauce Garlic Mashed Potatoes Broccoli w/ Toasted Garlic	<b>2</b> Baked Fish Egg Barley w/ Mushrooms Baby Carrots w/ Parsley	<b>3</b> Hawaiian Chicken Legs Rice Steamed Carrots & Green Beans	<b>4</b> Cheesy Stuffed Shells Sautéed Spinach Vegetable Mix	<b>5</b> Chicken Cacciatore Brown Rice California Blend Vegetables
<b>8</b> Teriyaki Chicken Legs Glazed Sweet Potato Vegetable Mix	<b>9</b> Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Zucchini in Garlic Sauce	<b>10</b> Cheese Blintzes Corn Niblets Oriental Blend Vegetables	<b>11</b> Turkey Bean Chili Home Fries Vegetable Mix	<b>12</b> Lemon Salmon Egg Barley w/ Mushrooms Steamed Carrots
<b>15</b> Honey Mustard Chicken Drumstick Orzo Steamed Carrots and	<b>16</b> Beef Salisbury Steak Brown Rice Italian Cut Green Beans	<b>17</b> California Veggie Burger Bowtie Pasta w/ Kasha Creamed Spinach	<b>18</b> Hawaiian Chicken Legs Steamed Okra Zucchini in Garlic Sauce	<b>19</b> Easy Breaded Fish Fillet Broccoli w/ Toasted Garlic Roasted Spiced Red Potatoes
<b>22</b> Baked Asian Style Honey Chicken Bowtie Pasta w/ Kasha California Vegetables	<b>23</b> Beef Sloppy Joe Glazed Sweet Potatoes Italian Cut Green Beans	<b>24</b> Baked Stuffed Shells w/ Cheese Corn Niblets Sautéed Zucchini	<b>25</b> Chicken Marsala Orzo California Blend Vegetables	<b>26</b> Baked Fish w/ Sweet and Sour Sauce Potato Kugel Carrot Tzimmes
<b>29</b> Cheese Ravioli Sauteed Spinach Steamed Carrots and Green Beans	<b>30</b> Baked Ziti w/ Beef California Blend Vegetables Zucchini in Garlic Sauce	<b>31</b> California Veggie Burger Baby Carrots & Parsley Bowtie Pasta w/ Kasha		

***Kosher certification upon request***

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)

Packaged meals are under the kosher supervision of the and Rabbi M. Unger of Mechon L'Kashrus

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."