



August 2024 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Steamed Zucchini	Lemon Salmon Carrot Tzimmes Potato Kugel
5	6	7	8	9
Chicken & Broccoli Stir Fry Glazed Sweet Potatoes Oriental Blend Vegetables	Artisan Beet Veggie Burgers Bowtie Pasta w/ Kasha Vegetable Mix	Sesame Chicken Legs Orzo Steamed Carrots	Beef Salisbury Steak Broccoli w/ Toasted Garlic Steamed Spinach	Salmon Burger Potato Kugel Italian Green Beans
12	13	14	15	16
Beef Meatballs in Tomato Sauce Garlic Mashed Potatoes Broccoli w/ Toasted Garlic	Baked Fish Egg Barley w/ Mushrooms Baby Carrots w/ Parsley	Hawaiian Chicken Legs Rice Steamed Carrots & Green Beans	Cheesy Stuffed Shells Sautéed Spinach Vegetable Mix	Chicken Cacciatore Brown Rice California Blend Vegetables
19	20	21	22	23
Teriyaki Chicken Legs Glazed Sweet Potato Vegetable Mix	Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Zucchini in Garlic Sauce	Cheese Blintzes Corn Niblets Oriental Blend Vegetables	Turkey Bean Chili Home Fries Vegetable Mix	Lemon Salmon Egg Barley w/ Mushrooms Steamed Carrots
26	27	28	29	30
Honey Mustard Chicken Drumstick Orzo Steamed Carrots and Green Beans	Beef Salisbury Steak Brown Rice Italian Cut Green Beans	California Veggie Burger Bowtie Pasta w/ Kasha Creamed Spinach	Hawaiian Chicken Legs Steamed Okra Zucchini in Garlic Sauce	Easy Breaded Fish Fillet Broccoli w/ Toasted Garlic Roasted Spiced Red Potatoes

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

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."