



# August 2024

## Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	<b>2</b> Breaded Fish Brown Rice Pilaf Steamed Broccoli
<b>5</b> Beef Stir Fry Jasmine Rice Waxed Yellow Bean	<b>6</b> BBQ Chicken Sautéed Kale Corn	<b>7</b> Salisbury Steak Scalloped Potato Peas & Pearl Onions	<b>8</b> Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	<b>9</b> Chicken Sausage & Peppers Roasted Potato Carrots
<b>12</b> Chicken Stir Fry Jasmine Rice Pilaf Glazed Baby Carrots	<b>13</b> Roast Porkloin Mashed Potatoes Braised Green Cabbage	<b>14</b> Pollo Guisado Arroz Blanco Squash	<b>15</b> Rigatoni Bolognese Butternut Squash Cauliflower	<b>16</b> Salmon Burger Risotto Italian Green Beans
<b>19</b> Cheese Lasagna Steamed Edamame Diced Carrots	<b>20</b> Asian Pork Stew Lo Mein Noodles Oriental Vegetables	<b>21</b> Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	<b>22</b> Teriyaki Chicken Basmati Rice Collard Greens	<b>23</b> Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
<b>26</b> Hawaiian Chicken Baked Yam Italian Blend Vegetables	<b>27</b> Caribbean Flounder Coconut Rice Grilled Plantain	<b>28</b> Pesto Parmesan Tortellini Lentils Sauteed Spinach	<b>29</b> Eggplant Rollatini Penne Pasta Broccoli	<b>30</b> BBQ Pulled Pork Baked Beans Braised Red 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](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