



August 2024

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	2 Breaded Fish Brown Rice Pilaf Steamed Broccoli
5 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	6 BBQ Chicken Sautéed Kale Corn	7 Salisbury Steak Scalloped Potato Peas & Pearl Onions	8 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	9 Salad Bar
12 Chicken Stir Fry Jasmine Rice Pilaf Glazed Baby Carrots	Taco Tuesday 13 Tacos w/ Toppings Refried Beans Spanish Rice	14 Pollo Guisado Arroz Blanco Squash	15 Rigatoni Bolognese Butternut Squash Cauliflower	16 Salmon Burger Risotto Italian Green Beans
19 Cheese Lasagna Steamed Edamame Diced Carrots	20 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	<u>Birthday Party</u> 21 Pizza Mixed Green Salad Birthday Cake	22 Teriyaki Chicken Basmati Rice Collard Greens	23 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
26 Hawaiian Chicken Baked Yam Italian Blend Vegetables	27 Caribbean Flounder Coconut Rice Grilled Plantain	28 Pesto Parmesan Tortellini Lentils Sautéed Spinach	29 Eggplant Rollatini Penne Pasta Broccoli	30 Cold Lunch

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