



# July 2025

## Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> BBQ Chicken Sautéed Kale Carrots	<b>2</b> Rigatoni Bolognese Butternut Squash Cauliflower	<b>3</b> Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	<b>Happy July 4<sup>th</sup> 4</b> Hamburger Mashed Potatoes Yellow Corn
<b>7</b> Chicken Marsala Egg Noodles Glazed Baby Carrots	<b>8</b> Roast Pork loin Mashed Potatoes Braised Green Cabbage	<b>9</b> Pollo Guisado Arroz Blanco Squash	<b>10</b> Salisbury Steak Scalloped Potato Peas & Pearl Onions	<b>11</b> Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
<b>14</b> Cheese Lasagna Steamed Edamame Diced Carrots	<b>15</b> Asian Pork Stew Lo Mein Noodles Oriental Vegetables	<b>16</b> Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	<b>17</b> Teriyaki Chicken Basmati Rice Collard Greens	<b>18</b> Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
<b>21</b> Hawaiian Chicken Baked Yam Italian Blend Vegetables	<b>22</b> Caribbean Flounder Coconut Rice Grilled Plantain	<b>23</b> Pesto Parmesan Tortellini Lentils Sauteed Spinach	<b>24</b> Eggplant Rollatini Penne Pasta Broccoli	<b>25</b> BBQ Pulled Pork Baked Beans Braised Red Cabbage
<b>28</b> Stuffed Peppers Garlic Mashed Potato Sliced Carrot	<b>29</b> Apricot Chicken Sweet Potato California Blend	<b>30</b> Shrimp Alfredo Snap Peas Yellow Squash	<b>31</b> Chicken Parmesan Cavatappi Pasta Zucchini	

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