



August 2025

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Ravioli w/ Marinara Sauce Edamame Crinkle Carrots
4 Hamburger Mashed Potatoes Yellow Corn	5 Lemon Chicken Mashed Cauliflower Green Peas	6 Cheese Manicotti Peas & Carrots Cut Green Beans	7 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	8 Salad Bar
11 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	Taco Tuesday 12 Tacos w/ Toppings Refried Beans Spanish Rice	13 Salisbury Steak w/ Mushroom Gravy Scalloped Potato Peas & Pearl Onions	14 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	15 Chicken Sausage & Pepper Roasted Pepper Carrots
18 Chicken Marsala Egg Noodles Glazed Baby Carrots	19 Roasted Porkloin Mashed Potatoes Braised Green Cabbage	<u>Birthday Party</u> 20 Pizza Mixed Green Salad Birthday Cake	21 Rigatoni Bolognese Butternut Squash Cauliflower	22 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
25 Cheese Lasagna Steamed Edamame Diced Carrots	26 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	27 Baked Cod W/ Creole Sauce Lemon Zested Orzo Brussel Sprouts	28 Teriaki Chicken Basmati Rice Collard Greens	29 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