



September 2025 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Salisbury Steak w/ Mushroom Sauce Glazed Sweet Potatoes Italian Cut Green Beans	2 Easy Breaded Fish Fillets Roasted Spiced Red Potatoes Broccoli w/ Toasted Garlic	3 Honey Mustard Chicken Drumstick Home Fries Steamed Carrots & Green Beans	4 Gefilte Fish Potato Kugel Carrot Tzimmes	5 Stuffed Shells w/ Cheese Orzo Steamed Broccoli
8 Baked Asian Style Honey Chicken Bowtie Pasta w/ Kasha California Blend Vegetables	9 Turkey Meatloaf w/ Mushroom Gravy Glazed Sweet Potatoes Italian Cut Green Beans	10 Cheese Blintzes Corn Niblets Sauteed Zucchini	11 Beef Meatballs in Tomato Sauce Spaghetti Sauteed Green Beans	12 Baked Fish w/ Sweet & Sour Sauce Potato Kugel Carrot Tzimmes
15 Artisan Beet Veggie Burger Bowtie Pasta w/ Kasha Baby Carrots & Parsley	16 Chinese Style Chicken Patty Egg Barley w/ Mushrooms Steamed Green Beans	17 Cheese Blintzes Sauteed Spinach Steamed Carrots & Green Beans	18 Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Steamed Zucchini	19 Lemon Salmon Potato Kugel Carrot Tzimmes
Rosh Hashanah Eve 22 Chicken & Broccoli Stir Fry Glazed Sweet Potatoes Corn Niblets	Rosh Hashanah 23 Turkey Meatloaf Homemade Mashed Potatoes Oriental Blend Vegetables	Rosh Hashanah 24 Salmon Burger Potato Kugel Italian Cut Green Beans	25 Sesame Chicken Legs Sweet Noodle Kugel Steamed Sliced Carrots	26 Breaded Fish Fillet Bowtie Pasta w/ Kasha California Blend Vegetables
29 Classic Chicken Cacciatore Brown Rice California Blend Vegetables	30 Baked Fish Almandine Orzo w/ Vegetables Baby Carrots w/ Parsley			


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."