



# September 2025

## Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Labor Day 1</b> Hawaiian Chicken Baked Yams Italian Blend Vegetable	<b>2</b> Caribbean Flounder Coconut Rice Grilled Plantains	<b>3</b> Pesto Parmesan Tortellini Lentils Sauteed Spinach	<b>4</b> Eggplant Rollatini Penne Pasta Broccoli	<b>5</b> BBQ Pulled Pork Baked Beans Braised Red Cabbage
<b>8</b> Stuffed Peppers Garlic Mashed Potatoes Sliced Carrots	<b>9</b> Apricot Chicken Sweet Potato California Blend Veg	<b>10</b> Shrimp Alfredo Yellow Squash Snap Peas	<b>11</b> Chicken Parmesan Cavatappi Pasta Fresh Zucchini	<b>12</b> Cheese Ravioli Edamame Crinkle Carrots
<b>15</b> Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	<b>16</b> Lemon Chicken Mashed Cauliflower Peas	<b>17</b> Cheese Manicotti Peas & Carrots Cut Green Beans	<b>18</b> Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	<b>19</b> Breaded Fish Brown Rice Broccoli
<b>Rosh Hashanah Eve 22</b> Beef Stir Fry Jasmine Rice Waxed Yellow Bean	<b>23</b> BBQ Chicken Kale Corn	<b>24</b> Salisbury Steak w/ Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions	<b>25</b> Lemon Garlic Fish Rice & Beans Collard Greens	<b>26</b> Chicken Sausage & Peppers Roasted Potato Carrots
<b>29</b> Chicken Marsala Jasmine Rice Pilaf Glazed Baby Carrots	<b>30</b> Roast Pork Loin Mashed Potatoes Braised Green 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