



September 2025

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Centers Closed For Labor Day	2 Labor Day Celebration Hamburger Baked Sweet Potato Yellow Corn Cupcakes	3 Pesto Parmesan Tortellini Lentils Sauteed Spinach	4 Eggplant Rollatini Penne Pasta Broccoli	5 Salad Bar
8 Stuffed Peppers Garlic Mashed Potatoes Sliced Carrots	9 Apricot Chicken Sweet Potato California Blend Veg	10 Shrimp Alfredo Yellow Squash Snap Peas	11 Chicken Parmesan Cavatappi Pasta Fresh Zucchini	12 Cold Lunch
15 BBQ Pulled Pork Baked Beans Braised Red Cabbage	16 Lemon Chicken Mashed Cauliflower Peas	17 Cheese Manicotti Peas & Carrots Cut Green Bean	18 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	19 Cuban Flank Steak Arroz Con Maiz Salad
22 Rosh Hashanah Eve Beef Stir Fry Jasmine Rice Waxed Yellow Bean	23 Taco Tuesday Tacos w/ Toppings Refried Beans Spanish Rice	24 Birthday Party Pizza Mixed Green Salad Birthday Cake	25 Lemon Garlic Fish Rice & Beans Collard Greens	26 Chicken Sausage & Peppers Roasted Potato Carrots
29 Chicken Marsala Jasmine Rice Pilaf Glazed Baby Carrots	30 Waffles w/ Syrup Eggs Hash Browns Sausage Links			

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