



October 2025 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Yom Kippur Eve 1 Beef Salisbury Steak w/ Mushroom Sauce Garlic Mashed Potatoes Broccoli w/ Toasted Garlic	Yom Kippur 2 Hawaiian Chicken Legs Brown/White Rice Steamed Carrots & Green Beans	3 Gefilte Fish Vegetable Mix Carrots Tzimmes
Sukkot Eve 6 Teriyaki Chicken Legs Glazed Sweet Potatoes Vegetable Mix	Sukkot 7 Lemon Salmon Egg Barley w/ Mushrooms Steamed Carrots	Sukkot 8 Baked Macaroni & Cheese Corn Niblets Steamed Green Beans	Sukkot 9 Turkey Meatloaf w/ Mushroom Gravy Homemade Mashed Potatoes California Blend Vegetables	Sukkot 10 Cheese Blintzes Corn Niblets Oriental Blend Vegetables
Sukkot 13 Beef Salisbury Steak w/ Mushroom Sauce Glazed Sweet Potatoes Italian Cut Green Beans	Sukkot 14 Easy Breaded Fish Fillets Roasted Spiced Red Potatoes Broccoli w/ Toasted Garlic	Sukkot 15 Honey Mustard Chicken Drumstick Home Fries Carrots & Green Beans	16 Gefilte Fish Potato Kugel Carrot Tzimmes	17 Stuffed Shells w/ Cheese Orzo Steamed Broccoli
20 Baked Asian Style Honey Chicken Bowtie Pasta w/ Kasha California Blend Vegetables	21 Turkey Meatloaf w/ Mushroom Gravy Glazed Sweet Potatoes Italian Cut Green Beans	22 Cheese Blintzes Corn Niblets Sauteed Zucchini	23 Beef Meatballs in Tomato Sauce Spaghetti Sauteed Green Beans	24 Baked Fish w/ Sweet & Sour Sauce Potato Kugel Carrot Tzimmes
27 Artisan Beet Veggie Burger Bowtie Pasta w/ Kasha Baby Carrots & Parsley	28 Chinese Style Chicken Patty Egg Barley w/ Mushrooms Steamed Green Beans	29 Cheese Blintzes Sauteed Spinach Steamed Carrots & Green Beans	30 Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Steamed Zucchini	31 Lemon Salmon Potato Kugel Carrot Tzimmes

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."