



October 2025

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Yom Kippur Eve 1 Pollo Guisado Arroz Blanco Squash	2 Rigatoni Bolognese Butternut Squash Cauliflower	3 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
Sukkot Eve 6 Cheese Lasagna Steamed Edamame Diced Carrots	7 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	8 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	9 Teriyaki Chicken Basmati Rice Collard Greens	10 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
13 Hawaiian Chicken Baked Yam Italian Blend Vegetables	14 Caribbean Flounder Coconut Rice Grilled Plantains	15 Pesto Parmesan Tortellini Lentils Sauteed Spinach	16 Eggplant Rollatini Penne Pasta Broccoli	17 BBQ Pulled Pork Baked Beans Braised Red Cabbage
20 Stuffed Peppers Garlic Mashed Potato Sliced Carrot	21 Apricot Chicken Sweet Potato California Blend	22 Shrimp Alfredo Snap Peas Yellow Squash	23 Chicken Parmesan Cavatappi Pasta Zucchini	24 Cheese Ravioli Edamame Crinkle Carrots
27 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	28 Lemon Chicken Mashed Cauliflower Green Peas	29 Cheese Manicotti Peas & Carrots Cut Green Beans	30 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	31 Breaded Fish Brown Rice Pilaf Steamed Broccoli

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