



October 2025

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pollo Guisado Arroz Blanco Squash	2 Rigatoni Bolognese Butternut Squash Cauliflower	3 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
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 Brussel Sprouts	9 Teriyaki Chicken Basmati Rice Collard Greens	Octoberfest 10 Kielbasa Roast Potatoes w/ Peppers & Onions Braised Cabbage
13 Hawaiian Chicken Baked Yam Italian Blend Vegetables	14 Caribbean Flounder Coconut Rice Grilled Plantain	Birthday Party 15 Pizza Mixed Green Salad Birthday Cake	16 Eggplant Rollatini Penne Pasta Broccoli	17 BBQ Pulled Pork Baked Beans Braised Red Cabbage
20 Stuffed Peppers Garlic Mashed Potatoes Sliced Carrots	Taco Tuesday 21 Tacos w/ Toppings Refried Beans Spanish Rice	22 Shrimp Alfredo Snap Peas Yellow Squash	23 Chicken Parmesan Cavatappi Pasta Zucchini	24 Cheese Ravioli w/ Marinara Sauce Edamame Crinkle Carrots
27 Hamburger Mashed Potatoes Yellow Corn	28 Lemon Chicken Mashed Cauliflower Green Peas	29 Cheese Manicotti Peas & Carrots Cut Green Bean	30 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	31 Cuban Flank Steak Arroz Con Maiz Salad

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