

November 2025 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken & Broccoli Stir Fry Glazed Sweet Potatoes Corn Niblets	4 Turkey Meatloaf Homemade Mashed Potatoes Oriental Blend Vegetables	5 Salmon Burger Potato Kugel Italian Cut Green Beans	6 Sesame Chicken Legs Sweet Noodle Kugel Steamed Sliced Carrots	7 Breaded Fish Fillet Bowtie Pasta w/ Kasha California Blend Vegetables
10 Classic Chicken Cacciatore Brown Rice California Blend Vegetables	11 Baked Fish Almandine Orzo w/ Vegetables Baby Carrots w/ Parsley	12 Beef Salisbury Steak w/ Mushroom Sauce Garlic Mashed Potatoes Broccoli w/ Toasted Garlic	13 Hawaiian Chicken Legs Brown/White Rice Steamed Carrots & Green Beans	14 Gefilte Fish Vegetable Mix Carrots Tzimmes
17 Teriyaki Chicken Legs Glazed Sweet Potatoes Vegetable Mix	18 Lemon Salmon Egg Barley w/ Mushrooms Steamed Carrots	19 Baked Macaroni & Cheese Corn Niblets Steamed Green Beans	20 Turkey Meatloaf w/ Mushroom Gravy Homemade Mashed Potatoes California Blend Vegetables	21 Cheese Blintzes Corn Niblets Oriental Blend Vegetables
24 Beef Salisbury Steak w/ Mushroom Sauce Glazed Sweet Potatoes Italian Cut Green Beans	25 Easy Breaded Fish Fillets Roasted Spiced Red Potatoes Broccoli w/ Toasted Garlic	26 Honey Mustard Chicken Drumstick Home Fries Carrots & Green Beans	27 Gefilte Fish Potato Kugel Carrot Tzimmes	28 Stuffed Shells w/ Cheese Orzo Steamed Broccoli

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."