



November 2025

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	4 BBQ Chicken Kale Corn	5 Salisbury Steak w/ Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions	6 Lemon Garlic Fish Rice & Beans Collard Greens	7 Chicken Sausage & Peppers Roasted Potato Carrots
10 Chicken Marsala Egg Noodles Glazed Baby Carrots	Veterans Day 11 Roast Pork Loin Mashed Potatoes Braised Green Cabbage	12 Pollo Guisado Arroz Blanco Squash	13 Rigatoni Bolognese Butternut Squash Cauliflower	14 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
17 Cheese Lasagna Steamed Edamame Diced Carrots	18 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	19 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	20 Teriyaki Chicken Basmati Rice Collard Greens	21 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
24 Hawaiian Chicken Baked Yam Italian Blend Vegetables	25 Caribbean Flounder Coconut Rice Grilled Plantains	26 Pesto Parmesan Tortellini Lentils Sautéed Spinach	Thanksgiving 27 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	28 BBQ Pulled Pork Baked Beans Braised Red Cabbage

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