



November 2025

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	Taco Tuesday 4 Tacos w/ Toppings Refried Beans Spanish Rice	5 Salisbury Steak w/ Mushroom Gravy Scalloped Potato 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	Veteran's Day 11 Hamburger Baked Sweet Potato Yellow Corn Cupcakes	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	<u>Birthday Party</u> 19 Pizza Mixed Green Salad Birthday Cake	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 Plantain	Happy Thanksgiving 26 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	27 Closed for Thanksgiving	28 Closed for Thanksgiving

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