



# December 2025

## Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Stuffed Peppers Garlic Mashed Potatoes Sliced Carrots	<b>2</b> Apricot Chicken Sweet Potato California Blend	<b>3</b> Shrimp Alfredo Snap Peas Yellow Squash	<b>4</b> Jerk Chicken Moro De Guandules Rice w/ Pigeon Peas Salad	<b>5</b> Cheese Ravioli w/ Marinara Sauce Edamame Crinkle Carrots
<b>8</b> Hamburger Mashed Potatoes Yellow Corn	<b>Taco Tuesday 9</b> Tacos w/ Toppings Refried Beans Spanish Rice	<b>10</b> Cheese Manicotti Peas & Carrots Cut Green Bean	<b>11</b> Eggplant Rollatini Penne Pasta Broccoli	<b>12</b> Breaded Fish Brown Rice Pilaf Steamed Broccoli
<b>15</b> Beef Stir Fry Jasmine Rice Waxed Yellow Bean	<b>16</b> BBQ Chicken Kale Corn	<b><u>Birthday Party</u> 17</b> Pizza Mixed Green Salad Birthday Cake	<b>18</b> Lemon Garlic Fish Rice & Beans Collard Greens	<b>19</b> Chicken Sausage & Peppers Roasted Potato Carrots
<b>22</b> Chicken Marsala Egg Noodles Glazed Baby Carrots	<b>23</b> Rigatoni Bolognese Butternut Squash Cauliflower	<b>Christmas Meal 24</b> Pineapple Glazed Ham Jasmine Rice Corn	<b>25</b> <b>Closed for Christmas</b>	<b>26</b> Cod W/ Lemon Dill Sauce Risotto Italian Green Beans
<b>29</b> Cheese Lasagna Steamed Edamame Diced Carrots	<b>30</b> Camarones A La Criolla (Shrimp in Creole Sauce) Brown Rice Salad	<b>31</b> Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussel Sprouts		

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](http://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