



# January 2026 Kosher

			1 Turkey Meatloaf w/ Mushroom Gravy Homemade Mashed Potatoes California Vegetables	2 Cheese Blintzes Corn Niblets Oriental Blend Vegetables
5 Beef Salisbury Steak w/ Mushroom Sauce Glazed Sweet Potatoes Italian Cut Green Beans	6 Easy Breaded Fish Fillets Roasted Spiced Red Potatoes Broccoli w/ Toasted Garlic	7 Honey Mustard Chicken Drumstick Home Fries Carrots & Green Beans	8 Gefilte Fish Potato Kugel Carrot Tzimmes	9 Stuffed Shells w/ Cheese Orzo Steamed Broccoli
12 Baked Asian Style Honey Chicken Bowtie Pasta w/ Kasha California Blend Vegetables	13 Turkey Meatloaf w/ Mushroom Gravy Glazed Sweet Potatoes Italian Cut Green Beans	14 Cheese Blintzes Corn Niblets Sautéed Zucchini	15 Beef Meatballs in Tomato Sauce Spaghetti Sautéed Green Beans	16 Baked Fish w/ Sweet & Sour Sauce Potato Kugel Carrot Tzimmes
19 Artisan Beet Veggie Burger Bowtie Pasta w/ Kasha Baby Carrots & Parsley	20 Chinese Style Chicken Patty Egg Barley w/ Mushrooms Steamed Green Beans	21 Cheese Blintzes Sautéed Spinach Steamed Carrots & Green Beans	22 Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Steamed Zucchini	23 Lemon Salmon Potato Kugel Carrot Tzimmes
26 Chicken & Broccoli Stir Fry Glazed Sweet Potatoes Corn Niblets	27 Turkey Meatloaf Homemade Mashed Potatoes Oriental Vegetables	28 Salmon Burger Potato Kugel Italian Cut Green Beans	29 Sesame Chicken Legs Sweet Noodle Kugel Steamed Sliced Carrots	30 Breaded Fish Fillet Bowtie Pasta w/ Kasha California Blend Vegetables

***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](http://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."