



January 2026

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Closed for New Year's Day	2 Meatloaf w/ Mushroom Gravy Mashed Potato Cabbage
5 Hawaiian Chicken Baked Yam Italian Blend Vegetables	6 Caribbean Flounder Coconut Rice Grilled Plantains	7 Pesto Parmesan Tortellini Lentils Sauteed Spinach	8 Eggplant Rollatini Penne Pasta Broccoli	9 BBQ Pulled Pork Baked Beans Braised Red Cabbage
12 Stuffed Peppers Garlic Mashed Potato Sliced Carrot	13 Apricot Chicken Sweet Potato California Blend	14 Shrimp Alfredo Snap Peas Yellow Squash	15 Chicken Parmesan Cavatappi Pasta Zucchini	16 Cheese Ravioli Edamame Crinkle Carrots
MLK Day 19 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	20 Lemon Chicken Mashed Cauliflower Green Peas	21 Cheese Manicotti Peas & Carrots Cut Green Beans	22 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	23 Breaded Fish Brown Rice Pilaf Steamed Broccoli
26 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	27 BBQ Chicken Kale Corn	28 Salisbury Steak w/ Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions	29 Lemon Garlic Fish Rice & Beans Collard Greens	30 Chicken Sausage & Peppers Roasted Potato Carrots

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