



February 2026

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Marsala Egg Noodles Glazed Baby Carrots	3 Roasted Pork Loin Mashed Potatoes Braised Green Cabbage	4 Pollo Guisado Arroz Blanco Squash	5 Rigatoni Bolognese Butternut Squash Cauliflower	6 Cold w/Lemon Dill Sauce Risotto Italian Green Beans
Super Bowl Party 9 Hot Dogs Hamburgers Chili Veggie Platter	10 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	11 Baked Cod W/ Creole Sauce Lemon Zested Orzo Brussel Sprouts	12 Teriyaki Chicken Basmati Rice Collard Greens	Valentine's Day 13 Meatloaf w/Mushroom Gravy Mashed Potato Cabbage Red Velvet Cupcake
16 Centers Closed For President's Day	17 Caribbean Flounder Coconut Rice Grilled Plantain	Birthday Party 18 Pizza Mixed Green Salad Birthday Cake	19 Eggplant Rollatini Penne Pasta Broccoli	20 BBQ Pulled Pork Baked Beans Braised Red Cabbage
23 Stuffed Pepper Garlic Mashed Potato Sliced Carrots	Taco Tuesday 24 Tacos w/Toppings Refried Beans Spanish Rice	25 Shrimp Alfredo Snap Peas Yellow Squash	26 Chicken Parmesan Cavatappi Pasta Zucchini	27 Cheese Ravioli w/Marinara Sauce Edamame Crinkle 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