



February 2026

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Marsala Egg Noodles Glazed Baby Carrots	3 Roast Pork Loin Mashed Potatoes Braised Green Cabbage	4 Pollo Guisado Arroz Blanco Squash	5 Rigatoni Bolognese Butternut Squash Cauliflower	6 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
9 Cheese Lasagna Steamed Edamame Diced Carrots	10 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	11 Baked Cod w/Creole Sauce Lemon Zested Orzo Brussels Sprouts	12 Teriyaki Chicken Basmati Rice Collard Greens	13 Meatloaf w/Mushroom Gravy Mashed Potato Cabbage
President's Day 16 Hawaiian Chicken Baked Yam Italian Blend Vegetables	17 Caribbean Flounder Coconut Rice Grilled Plantain	18 Pesto Parmesan Tortellini Lentils Sauteed Spinach	19 Eggplant Rollatini Penne Pasta Broccoli	20 BBQ Pulled Pork Baked Beans Braised Red Cabbage
23 Stuffed Peppers Garlic Mash Potato Sliced Carrots	24 Apricot Chicken Sweet Potato California Blend	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