



March 2026

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	3 Lemon Chicken Mashed Cauliflower Green Peas	4 Cheese Manicotti Peas & Carrots Cut Green Beans	5 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	6 Breaded Fish Brown Rice Pilaf Steamed Broccoli
9 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	10 BBQ Chicken Kale Corn	11 Salisbury Steak Scalloped Potatoes Peas & Pearl Onions	12 Chicken Sausage & Peppers Roasted Potato Carrots	13 Lemon Garlic Fish Rice & Beans Collard Greens
16 Chicken Marsala Egg Noodles Glazed Baby Carrots	St. Patrick's Day 17 Corned Beef Cabbage Red Potatoes	18 Pollo Guisado Arroz Blanco Squash	19 Rigatoni Bolognese Butternut Squash Cauliflower	20 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
23 Meatloaf w/Mushroom Gravy Mashed Potato Cabbage	24 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	25 Baked Cod w/Creole Sauce Lemon Zested Orzo Brussels Sprouts	26 Teriyaki Chicken Basmati Rice Collard Greens	27 Cheese Lasagna Steamed Edamame Diced Carrots
30 Hawaiian Chicken Baked Yam Italian Blend Vegetables	31 BBQ Pulled Pork Baked Beans Braised Red Cabbage			

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