MEALS on WHEELS ROCKLAND

March 2026

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	**3** Jerk Chicken Moro De Guandules Rice w/Pigeon Peas Salad	**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	**Taco Tuesday** **10** Tacos w/Toppings Refried Beans Spanish Rice	**11** Salisbury Steak Scalloped Potato Peas & Pearl Onions	**12** Chicken Sausage & Peppers Roasted Potato Carrots	**13** Lemon Garlic Fish Rice & Beans Sautéed Collard Greens
16 Chicken Marsala Egg Noodles Glazed Baby Carrots	**St. Patrick's Day** **17** Corned Beef Cabbage Red Potatoes	**Birthday Party** **18** Pizza Mixed Green Salad Birthday Cake **18**	**19** Rigatoni Bolognese Butternut Squash Cauliflower	**20** Cod w/Lemon Dill Sauce Risotto Italian Green Beans
23 Cuban Flank Steak Arroz Con Maiz Salad	**24** Asian Pork Stew Lo Mein Noodles Oriental Vegetables	**25** Baked Cod W/ Creole Sauce Lemon Zested Orzo Brussel 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