



April 2026

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Passover 1 Pot Roast Potato Pancakes Sautéed Spinach	2 Eggplant Rollatini Penne Pasta Broccoli	3 Caribbean Flounder Coconut Rice Grilled Plantain
Easter 6 Ham w/ Pineapple Sauce Jasmine Rice Sliced Carrots	7 Apricot Chicken Sweet Potato California Blend	8 Shrimp Alfredo Snap Peas Yellow Squash	9 Chicken Parmesan Cavatappi Pasta Zucchini	10 Cheese Ravioli w/Marinara Sauce Edamame Crinkle Carrots
13 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	14 Lemon Chicken Mashed Cauliflower Green Peas	15 Cheese Manicotti Peas & Carrots Cut Green Beans	16 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	17 Breaded Fish Brown Rice Pilaf Steamed Broccoli
20 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	21 BBQ Chicken Kale Corn	22 Salisbury Steak Scalloped Potatoes Peas & Pearl Onions	23 Lemon Garlic Fish Rice & Beans Collard Greens	24 Chicken Sausage & Peppers Roasted Potato Carrots
27 Chicken Marsala Egg Noodles Glazed Baby Carrots	28 Roast Pork Loin Mashed Potatoes Braised Green Cabbage	29 Pollo Guisado Arroz Blanco Squash	30 Rigatoni Bolognese Butternut Squash Cauliflower	

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