



# April 2026

## Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Passover</b> 1 Pot Roast Potato Pancakes Sautéed Spinach	2 Eggplant Rollatini Penne Pasta Broccoli	3 Caribbean Flounder Coconut Rice Grilled Plantain
<b>Easter</b> 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	<b>Birthday Party</b> 15 Pizza Mixed Green Salad Birthday Cake	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	<b>Taco Tuesday</b> 21 Tacos w/Toppings Refried Beans Spanish Rice	22 Salisbury Steak Scalloped Potato Peas & Pearl Onions	23 Lemon Garlic Fish Rice & Beans Sautéed Collard Greens	24 Chicken Sausage & Peppers Roasted Potato Carrots
27 Chicken Marsala Egg Noodles Glazed Baby Carrots	28 Roasted 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](http://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