



# May 2026

## Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
<b>4</b> Cheese Lasagna Steamed Edamame Diced Carrots	<b>Cinco de Mayo 5</b> Arroz con Pollo Mexicana Rice Corn	<b>6</b> Baked Cod w/Creole Sauce Lemon Zested Orzo Brussels Sprouts	<b>7</b> Teriyaki Chicken Basmati Rice Collard Greens	<b>8</b> Meatloaf w/Mushroom Gravy Mashed Potato Cabbage
<b>Mother's Day 11</b> Hawaiian Chicken Baked Yam Italian Blend Vegetables	<b>12</b> Caribbean Flounder Coconut Rice Grilled Plantain	<b>13</b> Pesto Parmesan Tortellini Lentils Sauteed Spinach	<b>14</b> Eggplant Rollatini Penne Pasta Broccoli	<b>15</b> BBQ Pulled Pork Baked Beans Braised Red Cabbage
<b>18</b> Stuffed Peppers Garlic Mash Potato Sliced Carrots	<b>19</b> Apricot Chicken Sweet Potato California Blend	<b>20</b> Shrimp Alfredo Snap Peas Yellow Squash	<b>21</b> Chicken Parmesan Cavatappi Pasta Zucchini	<b>22</b> Cheese Ravioli w/Marinara Sauce Edamame Crinkle Carrots
<b>Memorial Day 25</b> Hamburger Baked Sweet Potato Yellow Corn	<b>26</b> Lemon Chicken Mashed Cauliflower Green Peas	<b>27</b> Cheese Manicotti Peas & Carrots Cut Green Beans	<b>28</b> Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	<b>29</b> Breaded Fish Brown Rice Pilaf Steamed Broccoli

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