



# May 2026

## Senior Activity Center Menu

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 Refried Beans	<b>6</b> Baked Cod W/ Creole Sauce Lemon Zested Orzo Brussel Sprouts	<b>7</b> Teriyaki Chicken Basmati Rice Collard Greens	<b>8</b> <b>Salad Bar</b>
<b>Mother's Day 11</b> Chicken Cordon Bleu Basmati Rice Sliced Carrots	<b>12</b> <b>Centers Closed For Senior Day</b>	<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 Pepper Garlic Mashed Potato Sliced Carrots	<b>19</b> Apricot Chicken Sweet Potato California Blend	<b><u>Birthday Party</u> 20</b> Pizza Mixed Green Salad Birthday Cake	<b>21</b> Chicken Parmesan Cavatappi Pasta Zucchini	<b>Memorial Day 22</b> Hamburger Baked Sweet Potato Yellow Corn
<b>25</b> <b>Centers Closed For Memorial Day</b>	<b>Taco Tuesday 26</b> Tacos w/Toppings Refried Beans Spanish Rice	<b>27</b> Cheese Manicotti Peas & Carrots Cut Green Beans	<b>28</b> Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	<b>29</b> <b>Cold Lunch</b> Sliced Turkey Corn Salad Cole Slaw

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