



June 2026

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	2 BBQ Chicken Kale Corn	3 Salisbury Steak Scalloped Potato Peas & Pearl Onions	4 Annual Senior Picnic	5 Chicken Sausage & Peppers Roasted Potato Carrots
8 Chicken Marsala Egg Noodles Glazed Baby Carrots	Taco Tuesday 9 Tacos w/Toppings Refried Beans Spanish Rice	10 Pollo Guisado Arroz Blanco Squash	11 Rigatoni Bolognese Butternut Squash Cauliflower	12 Salad Bar
15 Cheese Lasagna Green Peas Diced Carrots	16 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	<u>17</u> Birthday Party Pizza Mixed Green Salad Birthday Cake	18 Teriyaki Chicken Basmati Rice Collard Greens	19 Juneteenth Meatloaf w/Mushroom Gravy Mashed Potato Cabbage
Father's Day 22 Hawaiian Chicken Baked Yam Italian Blend Vegetables Red Velvet Cake	23 Caribbean Flounder Coconut Rice Grilled Plantain	24 Pesto Parmesan Tortellini Lentils Sauteed Spinach	25 Eggplant Rollatini Penne Pasta Broccoli	26 Cold Lunch Egg Salad Beet Salad Pasta Salad
29 Stuffed Pepper Garlic Mashed Potato Sliced Carrots	30 Apricot Chicken Sweet Potato California Blend			

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