



June 2026

Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	2 BBQ Chicken Kale Corn	3 Salisbury Steak Scalloped Potatoes Peas & Pearl Onions	4 Lemon Garlic Fish Rice & Beans Collard Greens	5 Chicken Sausage & Peppers Roasted Potato Carrots
8 Chicken Marsala Egg Noodles Glazed Baby Carrots	9 Roast Pork Loin Mashed Potatoes Braised Green Cabbage	10 Pollo Guisado Arroz Blanco Squash	11 Rigatoni Bolognese Butternut Squash Cauliflower	12 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
15 Cheese Lasagna Green Peas Diced Carrots	16 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	17 Baked Cod w/Creole Sauce Lemon Zested Orzo Brussels Sprouts	18 Teriyaki Chicken Basmati Rice Collard Greens	19 Meatloaf w/Mushroom Gravy Mashed Potato Cabbage
22 Hawaiian Chicken Baked Yam Italian Blend Vegetables	23 Caribbean Flounder Coconut Rice Grilled Plantain	24 Pesto Parmesan Tortellini Lentils Sauteed Spinach	25 Eggplant Rollatini Penne Pasta Broccoli	26 BBQ Pulled Pork Baked Beans Braised Red Cabbage
29 Stuffed Peppers Garlic Mash 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