



July 2026 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheese Blintzes Carrots Green Peas	2 Baked Macaroni & Cheese Home Fries Italian Blend Vegetable	3 Lemon Salmon Egg Barkley w/ Mushrooms Oriental Vegetable
6 Baked Fish w/ Sweet n Sour Sauce Brown Rice California Vegetable	7 Beef Meatball w/ Tomato Sauce Spaghetti Peas & Carrots	8 Baked Ziti w/ Cheese Italian Green Beans Mixed Vegetable	9 Turkey Bean Chili Seasoned Kasha Oriental Blend Vegetable	1 Gefilte Fish Potato Kugel Carrots Tzimmes
13 Beef & Broccoli Stir Fry Peas & Carrots Glazed Sweet Potato	14 Baked Macaroni & Cheese Corn Spinach	15 Salmon Burger Orzo w/ Vegetables California Blend Vegetable	16 Hawaiian Chicken Legs Home Fries Italian Blend Vegetable	17 Artisan Beet Burger Bowtie Pasta w/ Kasha Broccoli w/ Roasted Garlic
20 Chinese Style Chicken Patty Mashed Potato Sauteed Green Beans	21 Lemon Salmon Egg Barley w/ Mushrooms Italian Green Beans	22 Beef Salisbury Steak w/ Mushroom Sauce Glazed Sweet Potatoes Pea & Carrots	23 California Veggie Burger Bowtie Pasta w/ Kasha Steamed Mix Vegetable	24 Cheese Blintzes Home Fries Vegetable Mix
27 Hawaiian Chicken Legs Homemade Mashed Potato Broccoli w/ Toasted Garlic	28 Baked Fish Amandine White and Brown Rice California Vegetable	29 Dairy Free Baked Ziti w/ Beef Seasoned Kasha Italian Cut Green Beans	30 Chicken & Broccoli Stir Fry Roasted Potatoes Peas & Carrots	31 Cheese Blintzes Corn Niblets California Vegetables

Kosher certification upon request

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

Packaged meals are under the kosher supervision of the and Rabbi M. Unger of Mechon L'Kashrus

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."