



July 2026

Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Shrimp Alfredo Snap Peas Yellow Squash	2 Chicken Parmesan Cavatappi Pasta Zucchini	Happy July 4th 3 Hamburger Mashed Potatoes Yellow Corn
6 Cheese Ravioli Edamame Crinkle Carrots	7 Lemon Chicken Mashed Cauliflower Green Peas	8 Cheese Manicotti Peas & Carrots Cut Green Beans	9 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	10 Breaded Fish Brown Rice Pilaf Steamed Broccoli
13 Beef Stir Fry Jasmine Rice Waxed Yellow Bean	14 BBQ Chicken Kale Corn	15 Salisbury Steak Scalloped Potatoes Peas & Pearl Onions	16 Lemon Garlic Fish Rice & Beans Collard Greens	17 Chicken Sausage & Peppers Roasted Potato Carrots
20 Chicken Marsala Egg Noodles Glazed Baby Carrots	21 Roast Pork Loin Mashed Potatoes Braised Green Cabbage	22 Pollo Guisado Arroz Blanco Squash	23 Rigatoni Bolognese Butternut Squash Cauliflower	24 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
27 Cheese Lasagna Steamed Edamame Diced Carrots	28 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	29 Baked Cod w/Creole Sauce Lemon Zested Orzo Brussels Sprouts	30 Teriyaki Chicken Basmati Rice Collard Greens	31 Meatloaf w/Mushroom Gravy Mashed Potato Cabbage

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