



August 2026

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hawaiian Chicken Baked Yams Italian Blend	4 Caribbean Flounder Coconut Rice Grilled Plantains	5 Pesto Parm Tortellini Lentils Sauteed Spinach	6 Eggplant Rollatini Penne Pasta Broccoli	7 BBQ Pulled Pork Baked Beans Braised Red Cabbage
10 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	11 Apricot Chicken Sweet Potato California Vegetable	12 Shrimp Alfredo Yellow Squash Snap Peas	13 Chicken Parmesan Cavatappi Pasta Zucchini	14 Cheese Ravioli Edamame Crinkle Carrots
17 Hamburgers w/ Caramelized Onions Baked Sweet Potato Yellow Corn	18 Lemon Chicken Mashed Cauliflower Peas	19 Cheese Manicotti Peas and Carrots Cut Green Beans	20 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetable	21 Breaded Fish Brown Rice Broccoli
24 Beef Stirfry Jasmine Rice Waxed Yellow Beans	25 BBQ Chicken Kale Corn	26 Salisbury Steak w/ Mushroom Gravy Scalloped Potato Peas and Pearl Onions	27 Lemon Garlic Fish Rice & Beans Collard Greens	28 Chicken Sausage & Peppers Roasted Potato Diced Carrots
31 Chicken Marsala Buttered Egg Noodles Glazed Baby Carrots				

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