



September 2026 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lemon Salmon Egg Barley w/ Mushrooms Italian Green Beans	2 Beef Salisbury w/ Mushroom Sauce Glazed Sweet Potatoes Peas & Carrots	3 California Veggie Burger Bowtie Pasta w/ Kasha Steamed Mixed Vegetables	4 Cheese Blintzes Home Fries Vegetables
7 Hawaiian Chicken Legs Homemade Mashed Potato Broccoli with Toasted Garlic	8 Baked Fish Almandine White and Brown Rice California Vegetables	9 Dairy Free Baked Ziti w/ Beef Seasoned Kasha Italian Green Beans	10 Chicken & Broccoli Roasted Potatoes Peas & Carrots	11 Cheese Blintzes Corn Niblets California Vegetable
14 Hungarian Beef Goulash Mashed Potatoes California Blend	15 Baked Ziti w/ Cheese Baby Carrots Peas & Carrots	16 Sesame Chicken Legs Home Fries Mixed Vegetable	17 Beet Veggie Burgers Bowtie Pasta w/ Kasha Spinach	18 Rosemary Chicken Home Fries Mixed Vegetable
21 Chicken and Broccoli Garlic Mashed Potatoes Green Beans	22 Turkey Meatloaf Mashed Potato Green beans	23 Cheese Blintzes Carrots Green Peas	24 Baked Macaroni & Cheese Home Fries Italian Blend Vegetables	25 Lemon Salmon Egg Barley w/ Mushrooms Oriental Vegetable
28 Baked Fish w/ Sweet & Sour Sauce Brown Rice California Vegetable	29 Beef Meatball w/ Tomato Sauce Spaghetti Peas & Carrots	30 Baked Ziti w/ Cheese Italian Green Beans Mixed Vegetable		

Kosher certification upon request

Milk, bread, & 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."