



# September 2026

## Senior Activity Center Menu

| MONDAY                                                                            | TUESDAY                                                                                             | WEDNESDAY                                                                         | THURSDAY                                                           | FRIDAY                                                                                         |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|                                                                                   | <b>1</b><br>Roast Porkloin<br>Mashed Potato<br>Braised Cabbage                                      | <b>2</b><br>Pollo Guisado<br>Arroz Blanco<br>Zucchini Squash                      | <b>3</b><br>Rigatoni Bolognese<br>Butternut Squash<br>Cauliflower  | <b>4</b><br><br><b>Salad Bar</b>                                                               |
| <b>7</b><br><b>Centers Closed<br/>For<br/>Labor Day</b>                           | <b>Labor Day Celebration 8</b><br>Hamburger<br>Baked Sweet Potato<br>Yellow Corn<br><b>Cupcakes</b> | <b>9</b><br>Baked Cod w/ Creole<br>Sauce<br>Lemon Zested Orzo<br>Brussels Sprouts | <b>10</b><br>Teriyaki Chicken<br>Basmati Rice<br>Collard Greens    | <b>Rosh Hashanah Eve 11</b><br><b>Cold Lunch</b><br>Chicken Salad<br>Cole Slaw<br>Potato Salad |
| <b>14</b><br>Hawaiian Chicken<br>Baked Yams<br>Italian Blend                      | <b>15</b><br>Caribbean Flounder<br>Coconut Rice<br>Gilled Plantains                                 | <b><u>Birthday Party</u> 16</b><br>Pizza<br>Mixed Green Salad<br>Birthday Cake    | <b>17</b><br>Eggplant Rollatini<br>Penne Pasta<br>Broccoli         | <b>18</b><br>BBQ Pulled Pork<br>Baked Beans<br>Braised Red Cabbge                              |
| <b>Yom Kippur 21</b><br>Stuffed Peppers<br>Garlic Mashed Potato<br>Sliced Carrots | <b>Taco Tuesday 22</b><br>Tacos w/Toppings<br>Refried Beans<br>Spanish Rice                         | <b>23</b><br>Shrimp Alfredo<br>Yellow Squash<br>Snap Peas                         | <b>24</b><br>Chicken Parmesan<br>Cavatappi Pasta<br>Fresh Zucchini | <b>25</b><br>Cheese Ravioli<br>Edamame<br>Crinkle Carrots                                      |
| <b>28</b><br>Cheese Lasagna<br>Edamame<br>Diced Carrots                           | <b>29</b><br>Lemon Chicken<br>Mashed Cauliflower<br>Peas                                            | <b>30</b><br>Cuban Flank Steak<br>Arroz con Maiz<br>Tossed Salad                  |                                                                    |                                                                                                |

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](http://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