



September 2026

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Roast Porkloin Mashed Potato Braised Cabbage	2 Pollo Guisado Arroz Blanco Zucchini Squash	3 Rigatoni Bolognese Butternut Squash Cauliflower	4 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
Labor Day 7 Hamburger w/ Caramelized Onions Baked Sweet Potato Yellow Corn	8 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	9 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	10 Teriyaki Chicken Basmati Rice Collard Greens	Rosh Hashanah Eve 11 Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage
14 Hawaiian Chicken Baked Yams Italian Blend	15 Caribbean Flounder Coconut Rice Grilled Plantain	16 Pesto Parm Tortellini Lentils Sauteed Spinach	17 Eggplant Rollatini Penne Pasta Broccoli	18 BBQ Pulled Pork Baked Beans Braised Red Cabbage
Yom Kippur 21 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	22 Apricot Chicken Sweet Potato California Blend	23 Shrimp Alfredo Yellow Squash Snap Peas	24 Chicken Parmesan Cavatappi Pasta Fresh Zucchini	Sukkot Eve 25 Cheese Ravioli Edamame Crinkle Carrots
28 Cheese Lasagna Edamame Diced Carrot	29 Lemon Chicken Mashed Cauliflower Peas	30 Cheese Manicotti Peas and Carrots Cut Green Beans		

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