



October 2026

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetable	2 Breaded Fish Brown Rice Broccoli
5 Beef Stir Fry Jasmine Rice Waxed Yellow Beans	6 BBQ Chicken Kale Corn	7 Salisbury Steak w/ Mushroom Gravy Scalloped Potato Peas and Pearl Onions	8 Lemon Garlic Fish Rice and Beans Collard Greens	9 Chicken Sausage & Peppers Roasted Potato Diced Carrots
12 Chicken Marsala Buttered Egg Noodles Glazed Baby Carrots	13 Roast Pork Loin Mashed Potato Braised Cabbage	14 Pollo Guisado Arroz Blanco Zucchini	15 Rigatoni Bolognese Butternut Squash Cauliflower	16 Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
19 Cheese Lasagna Edamame Diced Carrots	20 Asian Pork Stew Lo Mein Noodles Oriental Vegetable	21 Baked Cod w/ Creole Sause Lemon Zested Orzo Brussels Sprouts	22 Teriyaki Chicken Basmati Rice Collard Greens	23 Meatloaf w/ Mushroom Gravy Mashed Potato Braised Cabbage
26 Hawaiian Chicken Baked Yams Italian Blend Vegetable	27 Caribbean Flounder Coconut Rice Grilled Plantains	28 Pesto Parmesan Tortellini Lentils Sauteed Spinach	29 Eggplant Rollatini Penne Pasta Broccoli	30 BBQ Pulled Pork Baked Beans Braised Red 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