MEALS on WHEELS ROCKLAND

November 2026 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken AND Broccoli Garlic Mashed Potato Green Beans	**3** Turkey Meatloaf Mashed Potato Green Beans	**4** Cheese Blintzes Steamed Carrots Green Peas	**5** Baked Macaroni and Cheese Home Fries Italian Blend Vegetables	**6** Lemon Salmon Egg Barley and Mushrooms Oriental Vegetables
9 Baked Fish w/ Sweet & Sour Sauce Brown Rice California Vegetables	**10** Beef Meatball w/ Tomato Sauce Spaghetti Peas and Carrots	**11** Baked Ziti w/ Cheese Italian Green Beans Mixed Vegetables	**12** Turkey Bean Chili Seasoned Kasha Oriental Vegetables	**13** Gefilte Fish Potato Kugel Carrots Tzimmes
16 Beef and Broccoli Glazed Sweet Potato Peas and Carrots	**17** Baked Macaroni and Cheese Corn Spinach	**18** Salmon Burger Orzo w/ Vegetables California Vegetables	**19** Hawaiian Chicken Legs Home Fries Italian Vegetables	**20** Artisan Beef Burger Bowtie Pasta w/ Kasha Broccoli w/ Roasted Garlic
23 Chinese Style Chicken Patty Mashed Potato Sauteed Green Beans	**24** Cheese Blintzes Home Fries Vegetable Mix	**25** Beef Salisbury Glazed Sweet Potato Peas and Carrots	**26** California Veggie Burger Bowtie Pasta w/ Kasha Steamed Mix Vegetables	**27** Lemon Salmon Egg Barley w/ Mushrooms Italian Green Beans
30 Hawaiian Chicken Legs Mashed Potato Broccoli w/ Toasted Garlic				

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."