MEALS on WHEELS ROCKLAND

November 2026

Senior Activity Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	**Taco Tuesday** **3** Tacos w/Toppings Refried Beans Spanish Rice	**4** Shrimp Alfredo Yellow Squash Snap Peas	**5** Chicken Parmesan Cavatappi Pasta Zucchini	**6** Cheese Ravioli Edamame Crinkle Carrot
9 Cheese Manicotti Peas and Carrots Cut Green Beans	**10** Lemon Chicken Mashed Cauliflower Peas	**Veteran's Day** **11** Hamburger Baked Sweet Potato Yellow Corn **Cupcakes**	**12** Rigatoni Bolognese Butternut Squash Cauliflower	**13** Breaded Fish Brown Rice Broccoli
16 Beef Stirfry Jasmine Rice Waxed Yellow Bean	**17** BBQ Chicken Kale Corn	**Birthday Party** **18** Pizza Mixed Green Salad Birthday Cake	19 Lemon Garlic Fish Rice & Beans Collard Greens	20 Chicken Sausage & Peppers Roasted Potato Diced Carrots
23 Chicken Marsala Buttered Egg Noodle Glazed Baby Carrots	**24** Roast Porkloin Mashed Potato Braised Cabbage	**Happy Thanksgiving 25** Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	**26** **Closed for Thanksgiving**	**27** **Closed for Thanksgiving**
30 Cheese Lasagna Edamame Diced Carrots				

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