MEALS on WHEELS ROCKLAND

November 2026

Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed Peppers Garlic Mashed Potato Sliced Carrots	**3** Apricot Chicken Baked Sweet Potato California Vegetable	**4** Shrimp Alfredo Yellow Squash Snap Peas	**5** Chicken Parmesan Cavatappi Pasta Zucchini	**6** Cheese Ravioli Edamame Crinkle Carrots
9 Cheese Manicotti Peas and Carrots Cut Green Beans	**10** Lemon Chicken Mashed Cauliflower Peas	**Veterans Day** **11** Hamburger w/ Onions Baked Sweet Potato Yellow Corn	**12** Rigatoni Bolognese Butternut Squash Cauliflower	**13** Breaded Fish Brown Rice Broccoli
16 Beef Stir Fry Jasmine Rice Waxed Yellow Beans	**17** BBQ Chicken Kale Corn	**18** Salisbury Steak w/ Mushroom Gravy Scalloped Potato Peas and Pearl Onions	**19** Lemon Garlic Fish Rice and Beans Collard Greens	20 Chicken Sausage and Peppers Roasted Potato Diced Carrots
23 Chicken Marsala Buttered Egg Noodle Glazed Baby Carrots	**24** Roast Porkloin Mashed Potato Braised Cabbage	**25** Pollo Guisado Arroz Blanco Zucchini Squash	**Thanksgiving** **26** Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables	**27** Cod w/ Lemon Dill Sauce Risotto Italian Green Beans
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