



October 2026 Kosher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Bean Chili Seasoned Kasha Oriental Vegetable	2 Salmon Potato Kugel Carrots Tzimmes
5 Beef & Broccoli Glazed Sweet Potato Peas & Carrots	6 Baked Macaroni & Cheese Corn Spinach	7 Salmon Burger Orzo w/ Vegetables California Vegetable	8 Hawaiian Chicken Legs Home Fries Italian Vegetable	9 Artisan Beet Burger Bowtie Pasta w/ Kasha Broccoli w/ Roasted Garlic
12 Chinese Style Chicken Patty Mashed Potato Sauteed Green Beans	13 Lemon Salmon Egg Barley w/ Mushrooms Italian Green Beans	14 Beef Salisbury Glazed Sweet Potato Peas & Carrots	15 California Veggie Burger Bowtie Pasta w/ Kasha Steamed Mix Vegetable	16 Cheese Blintzes Home Fries Vegetable Mix
19 Hawaiian Chicken Legs Mashed Potato Broccoli w/ Roasted Garlic	20 Baked Fish Amandine White and Brown Rice California Vegetable	21 Dairy Free Baked Ziti w/ Beef Seasoned Kasha Italian Cut Green Bean	22 Chicken and Broccoli Stir Fry Roasted Potatoes Peas 7 Carrots	23 Cheese Blintzes Corn Niblets California Vegetable
26 Hungarian Beef Goulash Mashed Potato California Blend	27 Baked Ziti w/ Cheese Baby Carrots Peas & Carrots	28 Sesame Chicken Legs Home Fries Mixed Vegetable	29 Beet Veggie Burger Bowtie Pasta w/ Kasha Spinach	30 Rosemary Chicken Home Fries Mixed Vegetable

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."