



# Meals On Wheels

*Meals are just our first course!*

## March 2021

Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Salisbury Steak w/Mushroom Gravy Scalloped Potato Peas & Pearl Onions	<b>2</b> Pesto Parmesan Tortellini Sautéed Spinach Stewed Tomatoes	<b>3</b> Chicken Stir Fry Jasmine Rice Glazed Baby Carrots	<b>4</b> Rigatoni Bolognese Fresh Zucchini Cauliflower	<b>5</b> Fish Scampi Risotto Italian Green Beans
<b>8</b> Hamburger w/ Caramelized Onions Mashed Potato Yellow Corn	<b>9</b> Asian Pork Stew Lo Mein Noodles Oriental Vegetables	<b>10</b> Baked Cod w/Creole Sauce Lemon Zested Orzo Roasted Cauliflower	<b>11</b> Oven Fried Chicken Baked Mac & Cheese Collard Greens	<b>12</b> Cheese Lasagna Green Peas Diced Carrots
<b>15</b> Hawaiian Chicken Jasmine Rice California Blend Vegetables	<b>16</b> BBQ Pulled Pork Baked Beans Mashed Cauliflower	<b>17</b> <b>St Patricks</b> Corned Beef Cabbage Red Potatoes	<b>18</b> Eggplant Rollatini Pasta Broccoli	<b>19</b> Caribbean Flounder Coconut Rice Grilled Plantains
<b>22</b> Stuffed Peppers Garlic Mashed Potato Sliced Carrots	<b>23</b> Apricot Chicken Baked Sweet Potato California Blend Vegetables	<b>24</b> Seafood Tetrazzini Jasmine Rice Snap Peas	<b>25</b> Chicken Parmesan Penne Pasta Fresh Zucchini	<b>26</b> Cheese Perogies w/Caramelized Onions Sautéed Spinach Roasted Cauliflower
<b>29</b> <b>Passover Celebration</b> Pot Roast Potato Pancake Red Cabbage	<b>30</b> Vegetable Lasagna Diced Carrots Italian Green Beans	<b>31</b> Lemon chicken Mashed Cauliflower Peas		

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](http://www.mowrockland.org)

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