



# April 2021

Home Delivered Meals

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
|  |   |   | <b>1</b><br>Meatloaf w/Gravy<br>Red Mashed Potato<br>Sauteed Kale | <b>2</b><br>Breaded Fish<br>Sweet Potato Puffs<br>Broccoli              |
| <b>5</b><br><b>Easter Celebration</b><br>Ham w/Pineapple<br>Sauce<br>Scalloped Potatoes<br>Asparagus | <b>6</b><br>Sausage & Peppers<br>Roasted Potato<br>Diced Carrots                | <b>7</b><br>Stuffed Shells<br>Italian Blend Veggies<br>Sautéed Squash                       | <b>8</b><br>Chicken w/BBQ Sauce<br>Sweet Potato<br>Cauliflower    | <b>9</b><br>Honey Garlic Salmon<br>Rice & Beans<br>Collard Greens       |
| <b>12</b><br>Salisbury Steak<br>w/Mushroom Gravy<br>Scalloped Potato<br>Peas & Pearl Onions          | <b>13</b><br>Pesto Parmesan<br>Tortellini<br>Sautéed Spinach<br>Stewed Tomatoes | <b>14</b><br>Chicken Stir Fry<br>Jasmine Rice<br>Glazed Baby Carrots                        | <b>15</b><br>Rigatoni Bolognese<br>Fresh Zucchini<br>Cauliflower  | <b>16</b><br>Fish Scampi<br>Risotto<br>Italian Green Beans              |
| <b>19</b><br>Hamburger<br>w/Caramelized Onions<br>Mashed Potato<br>Yellow Corn                       | <b>20</b><br>Asian Pork Stew<br>Lo Mein Noodles<br>Oriental Vegetables          | <b>20</b><br>Baked Cod w/Creole<br>Sauce<br>Lemon Zested Orzo<br>Roasted Cauliflower        | <b>21</b><br>Cheese Lasagna<br>Green Peas<br>Diced Carrots        | <b>22</b><br>Oven Fried Chicken<br>Baked Mac & Cheese<br>Collard Greens |
| <b>26</b><br>Hawaiian Chicken<br>Jasmine Rice<br>California Blend<br>Vegetables                      | <b>27</b><br>BBQ Pulled Pork<br>Baked Beans<br>Braised Cabbage                  | <b>28</b><br>Beef Ball Stroganoff<br>w/Mushroom Gravy<br>Buttered Egg Noodles<br>Green Peas | <b>29</b><br>Eggplant Rollatini<br>Pasta<br>Broccoli              | <b>30</b><br>Caribbean Flounder<br>Coconut Rice<br>Grilled Plantains    |

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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