

Meals must be eaten on day of delivery!

**Should you need to reheat the meals please follow these directions:

Microwave: 2-3 minutes


Oven 350* place meal on cookie sheet and reheat no longer than 10 minutes

Protein 3 oz.

Vegetables 1/2 cup...Starch 1/2 cup

All Fruit - 6 oz. Serving

100% Whole Wheat Bread, Real Butter and low-fat milk served daily.

Monday	Tuesday	Wednesday	Thursday	Friday
		Breaded Fish Filet Oven Brownd Potato Fiesta Blend Vegetables Tropical Fruit Salad 1	Stuffed Peppers Green Salad Italian Blend Vegetables Fresh Fruit Garlic Parmesan Roll 2	Tuna Salad Plate w/ Mixed Greens Cottage Cheese Tortellini Salad Sliced Peaches Dinner Roll 3
Herb Roasted Chicken Scalloped Potatoes California Blend Vegetables Strawberry Applesauce 6	Shepherd's Pie made w/ LS Gravy Corn & Potatoes Steamed Broccoli Fresh Orange 7	French Toast Casserole Breakfast Links Home Fried Potatoes Cottage Cheese Fresh Fruit Cup 8	Roast Beef w/ LS Gravy Mashed Potatoes Glazed Carrots Peanut Butter Cookie 9	Beer Battered Fish Mac & Cheese Broccoli Florets Pineapple Chunks 10
Low Sodium Hot Dog w/ Meat Sauce Potato Puffs Brussel Sprouts Yogurt w/ Fruit Hot Dog Roll 13	Chicken & Low Sodium Gravy Mixed Vegetables Homemade Biscuit Melon Cup 14	Heart Healthy Beef Teriyaki Sugar Snap Peas Asian Noodles Egg Roll Mandarin Oranges 15	Tuscan Chicken Penne Pasta Peas & Pearl Onion Apricot Halves Whole Wheat Dinner Roll 16	Corned Beef & Cabbage Steamed Potatoes Steamed Carrots Irish Tea Cake  17 <i>Happy St. Patrick's Day!</i>
Salisbury Steak w/ LS Gravy Oven Brownd Potatoes Butternut Squash Fruit Cocktail 20	Homemade Beef Stew Made w/ LS Gravy Green Beans Homemade Biscuit in Tray Fudge Brownie 21	Pasta Marinara w/ Meat Sauce Mixed Green Salad Steamed Cauliflower Fresh Banana Garlic Parmesan Roll 22	Sliced Ham with Raisin Sauce Scalloped Potatoes Buttered Peas Strawberry Shortcake Dinner Roll 23	Egg Salad Croissant Veggie Macaroni Salad Marinated Cucumbers Fresh Fruit 24
Potato Crisp Fish Zucchini & Tomatoes Rice Pilaf Sliced Peaches 27	BBQ Chicken Leg Baked Potato Steamed Spinach Applesauce 28	Meatloaf w/Low Sodium Gravy Au Gratin Potatoes California Blend Vegetable Tropical Fruit 29	Roast Pork w/ Gravy Sweet Potatoes Mixed Vegetables Birthday Cake Dinner Roll **Happy Birthday** 30	Mushroom & Cheese Quiche Harvard Beets Waxed Beans Yogurt w/ Mixed Berries 31

Suggested donation is \$3.00 per meal. Visitors and Guest at the Meal Sites \$5.00 The Nutrition Program is funded by participants' contributions, as well as the Washington County Board of Supervisors through the Federal Older Americans Act and State Funds through the NYS Office for the Aging.

FOR THE SAFETY OF OUR DRIVERS
PLEASE RESTRAIN YOUR DOG !

Salem Site 854-7294
Cambridge Site 677-8592
Hudson Falls Site 747-9352
Whitehall Site 499-2482



MENU IS SUBJECT TO CHANGE