

Meals must be eaten on day of delivery!

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

Microwave: 2-3 minutes

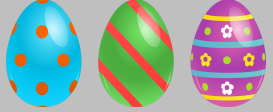
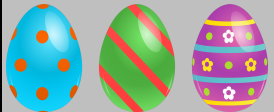

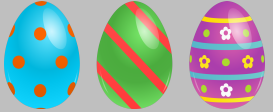
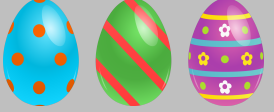

Oven 350* place meal on cookie sheet and reheat no longer than 10 minutes

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
				
Cheeseburger Potato Puffs Carrot Coins Pineapple & Cherry Hamburger Roll 3	Pasta with Meat Sauce Mixed Green Salad Steamed Cauliflower Sliced Pears Whole Wheat Dinner Roll 4	Seafood Salad Plate with Mixed Greens Veggie Mac Salad Cottage Cheese Tropical Fruit Butter Crackers 5	Swedish Meatballs over Cous Cous California Blend Veggies Buttered Lima Beans Carrot Cake 6	Macaroni & Cheese Stewed Tomatoes Steamed Asparagus Yogurt w/ Fruit Garlic Dinner Roll 7
Baked Cod w/ Lemon Butter Wild Rice Medley Steamed Spinach Fresh Banana 10	Breaded Pork Steak Oven Brownd Potato Fiesta Blend Vegetables Tropical Fruit Salad 11	Sausage & Spaghetti Marinara Spinach Salad Italian Blend Vegetables Mandarin Oranges Garlic Dinner Roll 12	Sliced Ham w/ Raisin Sauce Mashed Sweet Potatoes Buttered Green Beans Whole Wheat Dinner Roll Cherry Pie 13	Pasta Primavera Italian Blend Vegetables Mixed Green Salad Fresh Fruit Garlic Dinner Roll 14
Herb Roasted Chicken Scalloped Potatoes Glazed Carrots Strawberry Applesauce 17	Beer Battered Fish Mac & Cheese Broccoli Florets Purple Plum 18	French Toast Casserole Breakfast Links Home Fried Potatoes Cottage Cheese Fresh Fruit Cup 19	Roast Beef w/ LS Gravy Baked Sweet Potato California Blend Vegetables Birthday Cake Whole Wheat Roll **Happy Birthday** 20	Shepherd's Pie made with LS Gravy Corn & Potatoes Green Beans Apricots 21
LS Hot Dog w/ Meat Sauce Potato Puffs Brussel Sprouts Rice Crispy Treat Hot Dog Bun 24	Tuscan Chicken Buttered Pasta Peas & Pearl Onion Sliced Peaches Whole Wheat Dinner Roll 25	Italian Baked Ziti Mixed Green Salad Cauliflower Fresh Banana Garlic Dinner Roll 26	Chef's Choice  27	Beef with Peppers and Mushrooms Rice Pilaf Broccoli Florets Pineapple Upside-down Cake Dinner Roll 28

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