

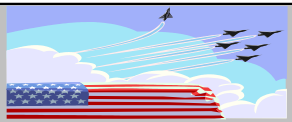
*Meals must be eaten on day of delivery!*

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.

\*\*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

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak w/ LS Gravy Mashed Potatoes Butternut Squash Fruit Cocktail 1	Chicken Caesar Salad Mixed Greens Country Tomatoes Whole Wheat Dinner Roll Mandarin Oranges 2	Homemade Beef Stew Made w/ LS Gravy Green Beans Homemade Biscuit in Tray Fudge Brownie 3	Tuscan Chicken over Penne Pasta Italian Blend Vegetable Tossed Green Salad Garlic Dinner Roll Sugar Free Vanilla Pudding 4	Egg Salad Croissant Veggie Macaroni Salad Marinated Cucumbers Fresh Fruit 5
Potato Crisp Fish Zucchini & Tomatoes Rice Pilaf Sliced Peaches 8	BBQ Chicken Leg Baked Potato Steamed Spinach Sliced Pears 9	Meatloaf w/Low Sodium Gravy Au Gratin Potatoes California Blend Vegetable Tropical Fruit 10	Roast Pork w/ Gravy Sweet Potatoes Mixed Vegetables Birthday Cake Dinner Roll <b>**Happy Birthday**</b> 11	Mushroom & Cheese Quiche Harvard Beets Waxed Beans Yogurt w/ Mixed Berries 12
Cheeseburger Potato Puffs Carrot Coins Fresh Orange Hamburger Bun 15	Pork Chop Supreme Au Gratin Potatoes Broccoli Florets Applesauce 16	Seafood Salad Plate with Mixed Greens Veggie Pasta Salad Cottage Cheese Pineapple Chunks Butter Crackers 17	Turkey & Cheese Sub Lettuce Tomatoes& Pickles Coleslaw Club Roll Fruit & Yogurt 18	Beef w/ Peppers & Mushroom Italian Blend Vegetables Rice Pilaf Tropical Fruit Dinner Roll 19
Baked Cod w/ Lemon Butter Wild Rice Medley Steamed Spinach Fresh Banana 22	Breaded Pork Steak Oven Brownd Potato Fiesta Blend Vegetables Tropical Fruit Salad 23	Spaghetti with Meat Sauce Spinach Salad Italian Blend Vegetables Mandarin Oranges Homemade Dinner Roll 24	Sliced Ham w/ Raisin Sauce Mashed Sweet Potatoes Buttered Green Beans Whole Wheat Dinner Roll Cherry Pie 25	Tuna Salad Croissant Country Tomatoes Macaroni Salad Peanut Butter Cookie 26
Memorial Day Holiday Program Closed 29	Beer Battered Fish Scalloped Potatoes Broccoli Florets Purple Plum 30	Shepherd's Pie made with LS Gravy Corn & Potatoes Green Beans Apricots 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 DRIVER  
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