

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
			Chinese Chicken & Broccoli Rice Pilaf Oriental Blend Vegetables Mandarin Oranges 1	Italian Baked Ziti Steamed Cauliflower Mixed Green Salad Fresh Fruit Garlic Parmesan Dinner Roll 2
Chicken Caesar Salad Mixed Greens Country Tomatoes Chocolate Chip Cookie Homemade Dinner Roll 5	Low Sodium Hot Dog w/ Meat Sauce Baked Beans Potato Puffs Yogurt w/ Fruit Hot Dog Bun 6	Heart Healthy Beef Teriyaki Sugar Snap Peas Brown Rice Tropical Fruit Salad Whole Wheat Dinner Roll 7	Roast Pork w/ Gravy Oven Browned Potatoes Brussel Sprouts Sugar Free Cherry Pie 8	Salisbury Steak w/ Low Sodium Grav Low Sodium Gravy Baked Potato Fiesta Blend Vegetables Sliced Apples 9
BBQ Rib Patty Mashed Potatoes Steamed Corn Pineapple Chunks Hamburger Bun 12	Broccoli Stuffed Fish Sweet Potatoes Steamed Spinach Blonde Brownie 13	Sloppy Joe Oven Browned Potatoes Carrot Coins Sliced Peaches Hamburger Bun 14	Stuffed Chicken Breast Low Sodium Gravy Wild Rice Medley Broccoli Florets Birthday Cake **Happy Birthday** 15	Chef's Salad w/Turkey & Cheese Mixed Greens & Croutons Tomato Wedges Fresh Fruit Whole Wheat Dinner Roll 16
Breaded Pork Steak Fresh Sweet Potato Sliced Beets Blueberry Applesauce Whole Wheat Dinner Roll 19	Chicken Monte Cristo California Blend Vegetables Wild Rice Medley Fresh Fruit Whole Wheat Dinner Roll 20	Tuna Salad over Baby Spinach Macaroni Salad Marinated Cucumber & Tomato Sugar Cookie Croissant 21	Beef Stroganoff w/ Low Sodium Grav Mashed Potatoes Mixed Vegetables Fresh Fruit 22	Macaroni & Cheese w/ Ham Stewed Tomatoes Green Beans Yogurt with Berries 23
Beer Battered Fish Scalloped Potatoes Steamed Broccoli Fresh Fruit 26	Cheeseburger French Fries Buttered Rutabaga Sliced Pears Hamburger Bun 27	Curried Chicken & Walnut Salad Potato Salad Cucumber Salad Rice Crispy Treat Croissant 28	Sweet & Sour Pork Brown Rice Glazed Carrots Mandarin Oranges Whole Wheat Dinner Roll 29	American Goulash Italian Blend Vegetable Tossed Green Salad Fresh Banana Garlic Dinner Roll 30

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