

Questions and Comments 746-2420 or 1-800-848-3303

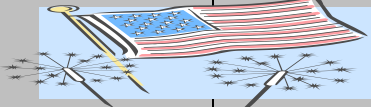
Protein 3 oz.
 Vegetables 1/2 cup...Starch 1/2 cup
 All Fruit - 6 oz. Serving
 100% Whole Wheat Bread, Real Butter and low-fat milk served daily.

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
Chicken Patty Sweet Potatoes Mixed Veg Tropical Fruit Sandwich Roll 3	Program Closed Independence Day Holiday	Stuffed Fish w/Wild Rice Medley Steamed Broccoli Mixed Green Salad Fresh Fruit Whole Wheat Dinner Roll 4	Chicken Caesar Salad Country Tomatoes Three Bean Salad Chocolate Chip Cookie Garlic Parmesan Roll 5	Italian Mixed Sub Lettuce & Tomato Italian Veggie Pasta Salad Seedless Grapes Club Roll 6
BBQ Chicken Leg Scalloped Potatoes Steamed Spinach Pineapple Chunks 10	Heart Healthy Beef Teriyaki Sugar Snap Peas Brown Rice Fresh Fruit Whole Wheat Dinner Roll 11	Chicken Sausage Link Braised Cabbage & Apples Steamed Red Potatoes Rice Krispie Treat 12	Roast Pork w/Gravy Oven Browned Potatoes Brussel Sprouts Mandarin Oranges Whole Wheat Dinner Roll 13	Cheeseburger Collard Greens Baked Beans Strawberry Shortcake Hamburger Roll 14
Country Fried Steak w/ LS Gravy Fresh Sweet Potato Buttered Green Beans Fruit Cocktail 17	Baked Ziti Steamed Broccoli Mixed Green Salad Fresh Fruit Garlic Dinner Roll 18	Chicken Salad Plate Macaroni Salad Cucumber Salad Sugar Cookie Croissant 19	Low Sodium Hot Dog Meat Sauce Baked Beans Mixed Vegetables Yogurt & Berries Hot Dog Bun 20	Chinese Chicken & Broccoli Whole Grain Brown Rice Oriental Blend Vegetables Mandarin Oranges 21
BBQ Rib Patty Au Gratin Potatoes Steamed Corn Fresh Fruit Hamburger Bun 24	Salisbury Steak Low Sodium Gravy Baked Potato Fiesta Blend Vegetables Apricots 25	Lemon Butter Fish Filet over Rice Pi Wilted Kale & Bacon Salad Capris Blend Blonde Brownie 26	Sweet & Sour Pork Asian Noodles Glazed Carrots Whole Wheat Dinner Roll Birthday Cake **Happy Birthday** 27	Sloppy Joe Oven Browned Potatoes Collard Greens Fresh Banana Hamburger Bun 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 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