

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 Pork Steak Scalloped Potatoes Steamed Spinach Sliced Peaches 31	Tuna Salad Plate Potato Salad Marinated Cucumbers Oatmeal Cookies Butter Crackers 1	Broccoli & Cheese Quiche Harvard Beets Baby Carrots Fresh Fruit 2	Stuffed Chicken Breast Wild Rice Medley Mixed Vegetables Fruit Cocktail 3	Macaroni & Cheese Stewed Tomatoes Green Beans Blueberry Yogurt 4
Beer Battered Fish Long Grain Rice Pilaf Steamed Broccoli Sliced Peaches 7	Honey Glazed Chicken California Blend Vegetables Sweet Potatoes Fresh Fruit Whole Wheat Dinner Roll 8	Egg Salad Plate Macaroni Salad Cucumber Salad Lorna Doone Cookies Croissant 9	Beef Stroganoff w/ Egg Noodles Mixed Vegetables Fruit Cocktail Whole Wheat Dinner Roll 10	Turkey & Cheese Submarine Lettuce, Tom & Pickle Pineapple Coleslaw Seedless Grapes Club Roll 11
Chicken Patty Sweet Potatoes Mixed Veg Fruit Salad Hamburger Bun 14	Goulash w/ Ground Beef Steamed Cauliflower Mixed Green Salad Fresh Fruit Whole Wheat Dinner Roll 15	Chicken Taco Salad Black Bean & Corn Salad Corn Muffin Blueberry Cobbler 16	BBQ Spiced Cod Loin Waxed Beans Brown Sugar Baked Beans Fresh Fruit Salad 17	Ham & Cheese Croissant Veggie Mac Salad Tossed Green Salad Birthday Cake **Happy Birthday** 18
BBQ Chicken Leg Scalloped Potatoes Steamed Spinach Pineapple Chunks 21	Heart Healthy Beef Teriyaki Sugar Snap Peas Brown Rice Fresh Peach 22	Chicken Sausage Link Braised Cabbage & Apples Steamed Red Potatoes Rice Krispy Treat 23	Roast Pork w/Gravy Oven Browned Potatoes Brussel Sprouts Mandarin Oranges 24	Cheeseburger Collard Greens Baked Beans Strawberry Shortcake Hamburger Bun 25
Country Fried Steak w/ LS Gravy Fresh Sweet Potato Buttered Green Beans Fruit Cocktail 28	Baked Ziti Steamed Broccoli Mixed Green Salad Fresh Fruit Garlic Dinner Roll 29	Chicken Salad Plate Macaroni Salad Cucumber Salad Sugar Cookie Croissant 30	Low Sodium Hot Dog Meat Sauce Baked Beans Mixed Vegetables Yogurt & Berries Hot Dog Bun 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