

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

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	
		Shepherd's Pie <i>made w/ Low Sodium Gravy</i> Mashed Potatoes & Corn Sliced Carrots Mandarin Oranges	1 Stuffed Chicken Breast <i>w/ Low Sodium Gravy</i> Wild Rice Medley Capris Blend Vegetables Chocolate Cream Pie	2 Italian Baked Ziti w/ Meat Italian Blend Vegetables Cauliflower Dried Plums Wheat Dinner Roll	3
Beer Battered Fish Au Gratin Potatoes Mixed Vegetables Apricots	6 Swedish Meatballs <i>made w/ Low Sodium Gravy</i> Brown Rice Steamed Corn Pineapple Chunks	7 Turkey Meatloaf <i>w/low sodium gravy</i> Mashed Potatoes Chopped Spinach Fresh Banana	8 Sliced Ham w/ Raisin Sauce Buttered Yams Peas & Carrots Birthday Cake	 Program Closed No Meals Today	9
Sloppy Joe Potato Puffs Brussel Sprouts Fresh Fruit Hamburger Bun	13 Homemade Beef Stew <i>made w/ Low Sodium Gravy</i> Waxed Beans Fresh Baked Biscuit in Tray Sliced Apples	14 Tuscan Chicken over Penne Steamed Carrots Tropical Fruit Whole Wheat Dinner Roll	15 Chili Cheese Stuffed Potato Steamed Broccoli Dinner Roll Fruit Cocktail	Turkey w/ Stuffing & LS Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Sugar Free Apple Pie Homemade Dinner Roll Dinner Roll	16
Veal Parmesan Noodles w/ Tomato Sauce Italian Blend Vegetables Rice Pudding Garlic Dinner Roll	20 Baked Stuffed Fish Sweet Potatoes Steamed Broccoli Pineapple Chunks	21 Chicken & Gravy <i>made w/ Low Sodium Gravy</i> Wilted Kale & Bacon Salad Strawberry Applesauce Homemade Biscuit	 Program Closed No Meals Today Happy Thanksgiving!	22	
Low Sodium Hot Dog w/ Meat Sauce Baked Beans California Blend Vegetables Fruit & Yogurt Frankfurter Roll	27 Lemon Herb Scrod Wild Rice Medley Steamed Corn Fresh Orange	28 Savory Baked Chicken Baked Potato Fiesta Blend Vegetables Sliced Peaches	29 Roast Pork <i>w/low sodium gravy</i> Collard Greens Lyonnais Potatoes Homemade Apple Crisp	 Program Closed No Meals Today	24

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