

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, margarine, and low-fat milk served daily.

Monday	Tuesday	Wednesday	Thursday	Friday
			American Goulash Mixed Green Salad Steamed Broccoli Fresh Fruit Garlic Dinner Roll 1	Chicken Vega over Rice Zucchini & Tomatoes Italian Green Beans Dried Plums 2
Salisbury Steak w/ Low Sodium Gravy Baked Potato Steamed Spinach Tropical Fruit 5	Beef Stroganoff over Noodles <i>Made with Low Sodium Gravy</i> Honey Glazed Carrots Sliced Apples Whole Wheat Dinner Roll 6	Baked Ham w/ Spiced Apples Sweet Potatoes Braised Red Cabbage Raspberry Crunch 7	Chili Con Carne w/ Cheese Green Beans Mexican Corn Fruit Cocktail Corn Chips 8	Stuffed Shells with Marinara Green Salad California Blend Vegetables Fresh Fruit Whole Wheat Dinner Roll 9
Sweet & Sour Meatballs Brown Rice Oriental Blend Vegetables Egg Roll Mandarin Oranges 12	Breaded Fish Sandwich Oven Brownd Potatoes Mixed Vegetables Peaches & Cream 13	Stuffed Chicken Breast Mixed Vegetables Wild Rice Medley Birthday Cake 14 **Happy Birthday**	Meatloaf w/ Low Sodium Gravy Baked Potato Stewed Tomatoes Yogurt w/ Fruit 15	Liver w/ Low Sodium Onion Gravy Mashed Sweet Potatoes Steamed Asparagus Blueberry Shortcake Whole Wheat Dinner Roll 16
Potato Crusted Fish Rice Pilaf Snap Peas Pineapple Chunks 19	Pasta with Meat Sauce Steamed Spinach Cauliflower Lemon Pudding 20	Turkey Tetrizzini Steamed Peas Sliced Carrots Mandarin Oranges 21	Roast Beef w/ Low Sodium Gravy Mashed Potatoes Green Bean Casserole Cherry Cheesecake Homemade Dinner Roll 22	MERRY CHRISTMAS Program Closed No Meals Today 23
MERRY CHRISTMAS Program Closed No Meals Today 26	Country Fried Steak w/Low Sodium Gravy Mashed Potatoes Buttered Green Beans Mandarin Oranges 27	Pork Chop Supreme Scalloped Potatoes Fiesta Blend Vegetables Applesauce 28	Homemade Beef Stew <i>made w/ Low Sodium Gravy</i> Broccoli Florets Fresh Baked Biscuit in Tray Sliced Peaches 29	 Program Closed No Meals Today 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.

Salem Site 854-7294
Cambridge Site 677-8592
Hudson Falls Site 747-9352
Whitehall Site 499-2482

FOR THE SAFETY OF OUR DRIVERS
PLEASE RESTRAIN YOUR DOG !



MENU IS SUBJECT TO CHANGE