

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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
				Chicken Vega over Rice Zucchini & Tomatoes Italian Green Beans Dried Plums 1
Salisbury Steak w/ Low Sodium Gravy Baked Potato Steamed Spinach Tropical Fruit 4	Beef Stroganoff over Noodles <i>Made with Low Sodium Gravy</i> Honey Glazed Carrots Sliced Apples Whole Wheat Dinner Roll 5	Baked Ham w/ Spiced Apples Sweet Potatoes Braised Red Cabbage Raspberry Crunch 6	Chili Con Carne w/ Cheese Green Beans Mexican Corn Fruit Cocktail Corn Chips 7	Stuffed Shells with Marinara Green Salad California Blend Vegetables Yogurt w/ Fruit Whole Wheat Dinner Roll 8
Sweet & Sour Meatballs Brown Rice Oriental Blend Vegetables Egg Roll Mandarin Oranges 11	Breaded Fish Sandwich Oven Browned Potatoes Mixed Vegetables Peaches & Cream 12	Stuffed Chicken Breast Steamed Broccoli Wild Rice Medley Birthday Cake **Happy Birthday** 13	Meatloaf w/ Low Sodium Gravy Baked Potato Stewed Tomatoes Sliced Pears 14	French Toast Casserole Breakfast Sausage Home fries Tropical Fruit Yogurt 15
Potato Crusted Fish Rice Pilaf Snap Peas Pineapple Chunks 18	Pasta with Meat Sauce Steamed Spinach Cauliflower Lemon Pudding 19	Turkey Tetrazzini Steamed Peas Sliced Carrots Mandarin Oranges 20	Roast Beef w/ Low Sodium Gravy Mashed Potatoes Green Bean Casserole Cherry Cheesecake Homemade Dinner Roll 21	MERRY CHRISTMAS Program Closed No Meals Today 22
MERRY CHRISTMAS Program Closed No Meals Today 25	Country Fried Steak w/Low Sodium Gravy Baked Sweet Potato Buttered Green Beans Mandarin Oranges 26	Breaded Pork Steak Scalloped Potatoes Fiesta Blend Vegetables Applesauce 27	Homemade Beef Stew <i>made w/ Low Sodium Gravy</i> Broccoli Florets Fresh Baked Biscuit in Tray Sliced Peaches 28	 Program Closed No Meals Today 29

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 !

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



MENU IS SUBJECT TO CHANGE