

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
			Tuna Salad Plate w/ Mixed Greens Cottage Cheese Tortellini Salad Sliced Peaches Dinner Roll	Tuscan Chicken over Penne Green Salad Italian Blend Vegetables Fresh Fruit Garlic Parmesan Roll
Beer Battered Fish Mac & Cheese Broccoli Florets Pineapple Chunks	Sweet & Sour Chicken Rice Pilaf California Blend Vegetables Strawberry Applesauce	Pasta Marinara w/ Meat Sauce Mixed Green Salad Steamed Cauliflower Fudge Brownie Garlic Parmesan Roll	Roast Beef w/ LS Gravy Mashed Potatoes Glazed Carrots Peanut Butter Cookie	French Toast Casserole Breakfast Links Home Fried Potatoes Cottage Cheese with Pineapple
5	6	7	8	9
Chicken & Low Sodium Gravy Mixed Vegetables Homemade Biscuit Melon Cup	Heart Healthy Beef Teriyaki Steamed Brown Rice Oriental Blend Veggies Mandarin Oranges Whole Wheat Dinner Roll	Italian Baked Ziti Italian Green Beans Mixed Green Salad Fresh Banana Garlic Dinner Roll	Low Sodium Hot Dog w/ Meat Sauce Potato Puffs Brussel Sprouts Yogurt w/ Fruit Hot Dog Roll	Corned Beef & Cabbage Steamed Potatoes Steamed Carrots Irish Tea Cake 
12	13	14	15	16
Salisbury Steak w/ LS Gravy Mashed Potatoes Butternut Squash Fruit Cocktail	Homemade Beef Stew Made w/ LS Gravy Steamed Broccoli Homemade Biscuit in Tray Fig Newtons	Stuffed Shells with Marinara Green Salad California Blend Vegetables Whole Wheat Dinner Roll Fresh Banana	Sliced Ham with Raisin Sauce Scalloped Potatoes Buttered Peas Strawberry Shortcake Dinner Roll	Egg Salad Croissant Veggie Macaroni Salad Marinated Cucumbers Fresh Fruit
19	20	21	22	23
Potato Crisp Fish Zucchini & Tomatoes Rice Pilaf Sliced Peaches	BBQ Chicken Leg Baked Potato Steamed Spinach Applesauce	Roast Pork w/ Gravy Sweet Potatoes Mixed Vegetables Birthday Cake Dinner Roll **Happy Birthday**	Meatloaf w/Low Sodium Gravy Au Gratin Potatoes California Blend Vegetable Tropical Fruit	Mushroom & Cheese Quiche Harvard Beets Waxed Beans Yogurt w/ Mixed Berries
26	27	28	29	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.

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