

<b>WASHINGTON COUNTY NUTRITION PROGRAM</b>  <b>OCTOBER 2020</b>  <b>MENU IS SUBJECT TO CHANGE***</b>		<i>Meals must be eaten on the Day of delivery!! Should you need to reheat the meals microwave for 2-3 minutes OR place in a 350 degree oven for no longer than 10 minutes in an oven safe container.</i>		<b>MEAL CONSISTS OF:</b> Protein-2 oz minimum Vegetables-1/2 cup Fruit-1 cup Starch-1/2 cup 100% Whole Wheat Bread, butter, 1% milk and Mrs. Dash served daily When gravy is provided, low sodium is always used		<b>Cancellations and Restarts:</b> <i>(518)746-2357</i> <b>Questions and Comments:</b> <i>(518)746-2420</i> 1-800-848-3303 <i>For the safety of our Drivers please restrain your dog!!!</i>		Suggested Contribution is \$3.00 per meal. Visitors and guests under 60 yrs of age, \$5.00 per meal. The Nutrition Program is funded by participants' contributions, Washington Cty Board of Supervisors and NYS Office for the Aging.	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		MEAL SITES: CAMBRIDGE: (518)677-8592 HUDSON FALLS:(518)747-9352 WHITEHALL: (518)499-2482				Sloppy Joe on a whole wheat bun Fiesta blend vegetables/Peas Apple 1		Lightly Breaded Fish Sugar Snap Peas Oven brown Potatoes Chilled Pineapple 2	
Lean Beef with peppers over egg noodles Brussel sprouts WW dinner roll Apricots 5		Tuscan Chicken over penne pasta Baby Carrots Grapes WW dinner roll 6		Stuffed Shells Oriental Blend Vegetables Italian Green Beans WW dinner roll Orange 7		Three Cheese Quiche Broccoli Mixed Vegetables Apple 8		Chefs salad with egg, turkey, Swiss over fresh greens Croutons Country style tomatoes WW dinner roll/Fig Newtons 9	
<b>PROGRAM CLOSED</b>  <b>COLUMBUS DAY</b>  12		American Goulash Cauliflower Green Beans Banana 13		 <b>HAPPY BIRTHDAY!!!</b> Honey baked ham Fresh Sweet potatoes Peas Birthday Cheesecake!!! 14		Savory Baked Chicken Baked Potato Collard Greens Pear Halves 15		Tuna on a bed of romaine Country Style Tomatoes Fresh Potato Salad Apricots WW dinner roll 16	
Classic Cheeseburger on a ww bun Cauliflower Mixed Vegetables Mandarin Oranges 19		Macaroni and Cheese Brussel Sprouts Broccoli Apple 20		Honey Glazed Chicken Baked Potato Baby Carrots Melon 21		Fish Florentine Sugar Snap Peas Baked Sweet Potato Apple Crisp 22		Roast Beef au jus Mashed Potatoes Butternut Squash Tropical Fruit 23	
Herbed Chicken Breast Sweet Mashed Potatoes Steamed Spinach Peaches 26		Meatloaf Baked Potato Asparagus Chilled Pineapple 27		Oven Fried Chicken Parmesan Over Penne Pasta Peas Grapes WW Dinner Roll 28		Cheese Lasagna Brussel Sprouts Steamed Cauliflower Banana 29		<b>HAPPY HALLOWEEN!!</b> Mummy dogs on ww bun with bloody brains!! (Hot dog w/meat sauce) Zombie Teeth (Corn)/Cali-blend Graveyard Bars!!!! BOOOOO! 30	

