

<b>WASHINGTON COUNTY NUTRITION PROGRAM NOVEMBER 2021 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 cup Fruit-1 cup Starch-1/2 cup 100% Whole Wheat Bread, butter, 1% milk served daily When gravy is provided, low sodium is always used	<b>Cancellations and Restarts: (518)746-2357</b> <i>Questions and Comments: (518)746-2420 1-800-848-3303 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.
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Cheeseburger on a WW bun Mixed vegetables Asparagus Fresh Plums x2 1	Herb Chicken Breast with LS gravy over mashed potatoes Steamed Spinach Carrot Coins Fresh Peach 2	Stuffed Scrod over brown rice Sugar Snap Peas Cauliflower Chilled Pineapple Garlic Dinner Roll 3	Roast Pork loin with LS gravy Mashed Potatoes Broccoli Florets Side Green Salad Fresh Banana 4	Italian Lasagna Brussel Sprouts Yellow Squash Mandarin Oranges 5
Sloppy Joe on a WW bun Green Peas California Blend Vegetables Apricots 8	Honey Baked Ham Oven Brown Potatoes Baby Carrots Side of fresh veggies Fresh Apple 9	<b>CELEBRATE VETERANS DAY!!</b> <b>Hearty Beef Stew made w/peas, carrots, and potatoes</b> <b>Asparagus/Waxed Beans</b> <b>Chocolate Brownie</b> 10	<b>VETERANS DAY</b> <b>PROGRAM CLOSED</b> 11	Barbecue Chicken Leg Sweet Mashed potatoes Broccoli Spears Side Fresh Veggies Fresh Orange 12
American Goulash Cauliflower Italian Blend Vegetables Fresh Pear 15	Fish Florentine over brown rice Winter Squash Green Peas Sliced apples with cinnamon Garlic Dinner Roll 16	Honey Glazed Chicken Breast Baked Potato Collard Greens Side Green Salad Fresh Banana 17	<b>Happy November Birthdays!!</b> <b>Stuffed Shells w/lean meat sauce</b> <b>Oriental Blend Vegetables</b> <b>Italian Green Beans</b> <b>Spice Cake w/Cream Cheese Frosting</b> 18	Macaroni and Cheese Broccoli Spears Carrot Coins Fresh Apple WW Dinner Roll 19
Hot Dog with meat sauce on WW bun Yellow Sweet Corn California Blend Vegetables Fresh Banana 22	Chicken Cacciatore w/WW pasta Baby Carrots Cauliflower Peaches and Cream Garlic Dinner Roll 23	<b>Happy Thanksgiving 🍂🍁🥧🥧</b> <b>Roast Turkey w/LS gravy</b> <b>Mashed Potatoes</b> <b>Butternut Squash</b> <b>Homemade Pumpkin Pie Bar</b> <b>Garlic Dinner Roll</b> 24	<b>THANKSGIVING</b> <b>PROGRAM CLOSED</b> 25	<b>NO MEALS TODAY</b> <b>PROGRAM CLOSED</b> 26
Oven Fried Chicken Parmesan over WW pasta Green Peas Broccoli florets Clementines x2 Garlic Dinner Roll 29	Shepherds pie Steamed Spinach Sugar Snap Peas Berries and Cream 30		<b>MEAL SITES:</b> <b>CAMBRIDGE: (518)677-8592</b> <b>HUDSON FALLS:(518)747-9352</b> <b>WHITEHALL: (518)499-2482</b>	Please note: Our program is more liberal with diets on <b>holidays and birthdays</b> as is the position of the <b>AND</b> to improve quality of life. Should you have a concern please contact your RDN @ (518)488-8875