

WASHINGTON COUNTY NUTRITION PROGRAM JANUARY 2022 MENU IS SUBJECT TO CHANGE****		<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>	MEAL CONSISTS OF: 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	Cancellations and Restarts: (518)746-2357 Questions and Comments: (518)746-2420 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 NVS Office for the Aging.				
MONDAY Savory Chicken Breast w/LS gravy Baked Potato Buttered Peas/Fresh Side Salad Fresh Macintosh Apple or in season fruit	TUESDAY Beef Bolognese with whole wheat pasta Steamed Spinach Broccoli Florets Sliced Spiced Pear Garlic Dinner Roll	WEDNESDAY Barbecue Pork on a WW bun Sweet Baked Potato Cauliflower Fresh Side Salad Fresh Peach or in season fruit	THURSDAY Shepherds Pie Asparagus Mixed Vegetables Apricots	FRIDAY Quiche-Chef Kate's Choice Brussel Sprouts Beets WW Dinner Roll Fresh Banana or in season fruit	3	4	5	6	7
Baked Ham Sweet Baked Potato Asparagus Fresh Side Salad Fresh Orange	American Goulash Baby Carrots Broccoli Florets Sliced Cinnamon Apples WW Dinner Roll	Salisbury Steak w/LS gravy over mashed potatoes Collard Greens Cauliflower Chilled Pineapple	Lemon Baked Fish over brown rice Brussel Sprouts Hubbard Squash Fresh Grapes or in season fruit	Celebrate Martin Luther King Jr!! Cheeseburger on a WW bun Sugar snap peas Mixed Vegetables Pumpkin bar	10	11	12	13	14
MARTIN LUTHER KING JR DAY PROGRAM IS CLOSED	Stuffed Peppers Italian Blend Vegetables Waxed Beans Fresh Macintosh Apple WW Dinner Roll	Herbed Chicken Breast w/LS gravy over brown rice Winter Squash Mixed Vegetables WW Dinner Roll Tropical Fruit	Macaroni and Cheese Asparagus Karen's Freshly prepared Zucchini and Tomato Peaches and Cream	Brunch for Lunch!! French Toast Casserole w/fruit topping Oven Brown Potatoes Vanilla Yogurt with Berries LS Vegetable Juice	17	18	19	20	21
Homemade Lasagna Steamed Spinach Fresh Side Salad WW Dinner Roll Fresh Orange	Fish Florentine over Brown Rice Buttered Carrots Mixed Vegetable Apricots	Hearty Beef Stew made with peas, carrots and potatoes Cauliflower Broccoli Florets Cinnamon Applesauce	Happy January Birthdays!!! Karen's Hot Turkey a la King over brown rice Butterrut Squash Buttered Green Peas Birthday Cake-Chef Kates Choice	Chicken Cacciatore over whole wheat pasta Brussel Sprouts Italian Blend Vegetables Pineapple and Cherry Garlic Dinner Roll	24	25	26	27	28
Sloppy Joe on a WW Bun Buttered Green Peas Wax Beans Fresh Banana or in season fruit		HAPPY NEW YEAR FROM THE NUTRITION PROGRAM!! 2022!!	MEAL SITES: CAMBRIDGE: (518)677-8592 HUDSON FALLS:(518)747-9352 WHITEHALL: (518)499-2482	Please note: Our program is more liberal with diets on <i>holidays and birthdays</i> as is the position of the AND to improve quality of life. Should you have a concern please contact your RDN @ (518)488-8875	31				