

<p>WASHINGTON COUNTY NUTRITION PROGRAM APRIL 2022 MENU IS SUBJECT TO CHANGE****</p>		<p><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></p>		<p>MEAL CONSISTS OF: Protein-2 oz minimum Vegetables-1/2 - 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</p>		<p>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></p>		<p>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 City Board of Supervisors and NYS Office for the Aging.</p>	
<p>MONDAY</p> <p>MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)499-2482</p>		<p>TUESDAY</p> <p>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</p>		<p>WEDNESDAY</p> <p>This is our second month into the SPRING menu!! You may notice some new items this month. Please provide our drivers with your feedback 🍏</p>		<p>THURSDAY</p>		<p>FRIDAY</p>	
<p>Salisbury Steak w/LS gravy Fresh Sweet Baked Potato Rutabaga Fresh Orange 🍊</p>		<p>Anthony's Macaroni and Cheese Brussel Sprouts Carrot coins Fresh Strawberries 🍓</p>		<p>Country Style Meatloaf w/LS gravy Oven brown potatoes California Blend Fresh Macintosh Apple 🍏</p>		<p>Rosemary Chicken with LS gravy Baked Potato Southern Collard Greens Side Green Salad Fresh Pear 🍏</p>		<p>Egg Salad over bed of greens/ Country Style Cucumbers/Middle Eastern Quinoa Salad HAPPY BDAY-CAKE :) 🍰</p>	
<p>Cheeseburger on a WW bun Broccoli Florets Cauliflower Fresh Orange 🍊</p>		<p>Roast Pork w/LS gravy Red Potato Wedges Mixed Vegetables Fresh Peach 🍑</p>		<p>Italian Spaghetti Bolognese Asparagus Yellow Squash Fresh Banana 🍌 WW Dinner Roll</p>		<p>Baked Ham w/Karen's Raisin Sauce for EASTER :) Garlic Mashed Potatoes French Style Green Beans Florida Lemon Cake 🍰/WW roll</p>		<p>GOOD FRIDAY... Lightly Breaded Pollock over Greek Lemon Brown Rice Steamed Spinach Carrot Coins Baked Dessert-Kate's Choice 🍰</p>	
<p>TAX DAY!! Broccoli and Cheese Quiche Beets Yellow Corn Sunshine Bar-to brighten the day 🌞</p>		<p>Pork Chop Supreme Red Potato Wedges Brussel Sprouts Fresh Banana 🍌</p>		<p>Italian Stuffed Shells w/in house meat sauce Italian Blend Vegetables Sugar Snap Peas Chilled Pineapple WW Dinner Roll</p>		<p>Roast Beef/Swiss on a classic sub roll w/LTO Coleslaw Marinated Cucumbers Macintosh Apple 🍏</p>		<p>Chicken w/LS Marsala gravy over whole wheat pasta Italian Blend Vegetables Fresh Pear 🍏</p>	
<p>Lemon Butter Scrod over North African Couscous California Blend Sugar Snap Peas Grapes</p>		<p>Chefs salad w/Turkey/Swiss/Egg over fresh greens Country Style Tomatoes Marinated Cucumbers WW Dinner Roll Fig Newtons</p>		<p>Roast Beef w/LS gravy Baked Potato Asparagus Berries and Cream</p>		<p>LS Hot Dog w/meat sauce on a WW bun California Blend Vegetables Yellow Sweet Corn 🌽 Fresh Peach 🍑</p>		<p>Chicken Saïad over a bed of greens/Country Style Tomatoes/ Veg Mac Salad Fresh Orange 🍊 Oatmeal Raisin Cookie</p>	