

WASHINGTON COUNTY NUTRITION PROGRAM DECEMBER 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-1/2 - 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	Need to cancel or restart your meals? Call (518)746-2357 <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
<i>Our winter cycle has begun! Look for some of our HOMEMADE comfort foods over the next three months to warm your bones. We also have an exciting addition—COOKIE FRIDAYS! This month we will celebrate all December birthdays, Christmas Eve, Christmas and New Year's Eve. Happy Holidays from THE NUTRITION TEAM!!</i>	MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)499-2482	Please note: Our program is more liberal with diets on holidays and birthdays as is the position of the AND to improve quality of life. Should you have a concern please contact your RDN @ (518)488-8875	STUFFED PEPPERS SLICED CARROTS CAULIFLOWER GRANNY SMITH APPLE 🍏 1	THREE CHEESE QUICHE BRUSSEL SPROUTS MIXED VEGGIES FRESH PLUM OATMEAL RAISIN 🍌 2
TONI'S CHICKEN SALAD ON A BED OF GREENS/CROISSANT 3 BEAN SALAD FRESH CUCUMBERS FRESH ORANGE 🍊 5	ROASTED PORK LOIN W/LS GRAVY GARLIC MASHED POTATOES SUGAR SNAP PEAS CINNAMON APPLE SLICES 🍏 6	LEMON BAKED FISH OVER GREEK GARLIC&LEMON BROWN RICE ITALIAN GREEN BEANS FRESH PEAR 🍏 7	HAPPY DECEMBER BIRTHDAYS FRENCH TOAST CASSEROLE W/FRESH FRUIT TOPPING DICED POTATO/BKFST SAUSAGE LINK CHOCOLATE FUDGE CAKE 🍰 8	ITALIAN BEEF BOLOGNESE OVER WHOLE WHEAT PASTA STEAMED SPINACH WW DINNER ROLL IN TRAY OATNUT COOKIE/CLEMENTINE 🍊 9
BBQ PULLED POR ON A WW ROLL CAULIFLOWER FRESH CUBED SWEET POTATO MACINTOSH 🍏 12	STUFFED FISH OVER BROWN RICE BUTTERED PEAS WW DINNER ROLL IN TRAY CHILLED PINEAPPLE 🍍 13	KATE'S LASAGNA CASSEROLE ITALIAN BLEND VEGETABLES WW DINNER ROLL IN TRAY PEACHES AND CREAM 14	ANTHONY'S CHICKEN OVER HOMEMADE STUFFING W/LS GRAVY BAKED POTATO/ASPARAGUS FRESH PEAR 🍏 15	HEARTY BEEF STEW SUGAR SNAP PEAS WW DINNER ROLL IN TRAY OATMEAL CHOC CHIP COOKIE NECTARINE 🍑 16
BAKED HAM WITH PINEAPPLE RING STEAMED CABBAGE BOILED PARSLEY POTATOES FRESH FRUIT SALAD MADE IN HOUSE 19	CHRISTMAS LUNCH!! CHEFS CHOICE!! ENJOY 🍽️ 20	MACARONI AND CHEESE BRUSSEL SPROUTS HONEY GLAZED CARROTS MIXED BERRIES AND CREAM 21	ALBACORE TUNA ON A BED OF GREENS/COUNTRY STYLE TOMATOES/FRESH POTATO SALAD/WW DINNER ROLL RED DELICIOUS APPLE 🍏 22	PROGRAM CLOSED! MERRY CHRISTMAS EVE!! SEE YOU TUESDAY!! 🎅🎁 23
PROGRAM CLOSED!! MERRY CHRISTMAS! SEE YOU TUESDAY! 🎅🍷🍷 26	MEXICAN STYLE CHILI CON CARNE OVER WHITE RICE BROCCOLI/CAULIFLOWER FRESH ORANGE 🍊 27	LIVER&ONIONS W/LS GRAVY MASHED FRESH SWEET POTATOES YELLOW SLICED SQUASH FRESH BANANA 🍌 28	HAPPY NEW YEARS EVE! 🎉 PORK CHOP SUPREME OVEN BROWN POTATOES FIESTA BLEND VEGETABLES SUNSHINE 🌞 BAR 29	PROGRAM CLOSED!! HAPPY NEW YEAR 🎆!! SEE YOU IN 2023!! 30