



















<p>WASHINGTON COUNTY NUTRITION PROGRAM JANUARY 2023</p> <p>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><i>Need to cancel or restart your meals?</i> <i>Call (518)746-2357</i> <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 Cty Board of Supervisors and NYS Office for the Aging.</p>
<p>MONDAY</p>	<p>TUESDAY</p>	<p>WEDNESDAY</p>	<p>THURSDAY</p>	<p>FRIDAY</p>
<p><i>Happy New Year</i>  <i>Program Closed.</i> 2</p>	<p><i>Happy New Year</i>  <i>Chefs</i>  <i>Choice!</i> 3</p>	<p>Salisbury Steak w/LS mushroom gravy Baked Potato Steamed Spinach Fresh Banana  4</p>	<p>Tuna salad on a croissant with Lettuce, Tomato and Red Onion Pineapple Coleslaw Diced Peach with Whip Topping Small Oatmeal Raisin Cookie 5</p>	<p>LS Hot dog w/meatsauce on a WW bun Yellow Sweet Corn California Blend Vegetables Mixed Melon 6</p>
<p>Baked Ziti w/Lean ground meat Italian Blend Vegetables WW Dinner Roll In Tray Macintosh Apple  9</p>	<p>Fish Florentine over Garlic Lemon Brown Rice Buttered Peas WW Dinner Roll in Tray Fresh Orange  10</p>	<p>Homestyle Meatloaf w/LS gravy Mashed Potato Fresh Steamed Asparagus Berries and Cream 11</p>	<p>Pork Chop supreme Oven Brown Potatoes California Blend Vegetables Fresh Banana  12</p>	<p>Rosemary Chicken w/LS gravy over Brown Rice Normandy Vegetables WW Dinner Roll in tray Clementine/Oat Choc Cookie 13</p>
<p><i>Martin Luther King Jr Day!</i> <i>Program Closed</i> 16</p>	<p>Stuffed Peppers Broccoli Florets Mixed Vegetables WW Dinner Roll Pineapple and Cherries  17</p>	<p>Hot Turkey w/LS gravy Baked Potato Hubbard Squash Peaches and Cream 18</p>	<p>Egg salad on a Croissant with Lettuce, Tomato and Red Onion 3 Bean Salad Pear  19 Small Oat Nut Cookie 19</p>	<p>Macaroni and Cheese Sugar Snap Peas Baby Carrots  20 Sliced apples with cinnamon 20</p>
<p>Caesar Salad made with fresh greens and grilled chicken Middle Eastern Quinoa Salad Fresh Cucumbers Fresh Orange 23</p>	<p><i>Happy January Birthdays</i>  <i>Chicken Breast over Stuffing w/LS gravy</i> <i>Baked Potato</i> <i>Brussel Sprouts</i> <i>Birthday Cake</i>  24</p>	<p>Homemade Shepherds Pie Steamed Spinach WW Dinner Roll in tray Chilled Pineapple  25</p>	<p>American Goulash Normandy Blend Vegetables WW Dinner Roll in tray Granny Smith Apple  26</p>	<p>Lemon Baked Fish over brown rice Broccoli Florets Carrot Coins Tropical Fruit  27</p>
<p>Three Cheese Quiche Brussel Sprouts Warm Beets Fresh Pear  30</p>	<p>Beef Stroganoff over egg noodles Carrots  31 Mixed Vegetables Sliced Cinnamon Apples 31</p>	<p><i>COOKIE Fridays have been moved throughout the week. We hope you are enjoying them</i> </p>	<p>MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)499-2482</p>	<p>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</p>

