

<p>WASHINGTON COUNTY NUTRITION PROGRAM MARCH 2023 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>Need to cancel or restart your meals? Call (518)746-2357 For the safety of our Drivers please restrain your dog!!!</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>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>	<p>CHICKEN MARSALA MADE WITH LOW SODIUM GRAVY OVER WHOLE WHEAT PASTA ITALIAN BLEND VEGETABLES WW DINNER ROLL IN TRAY CHILLED PINEAPPLE 1</p>	<p>CHEESEBURGER ON A WW BUN BROCCOLI FLORETS MIXED VEGETABLES FRUITED JELLO 2</p>	<p>LEMON BUTTER SCROD OVER BROWN RICE STEAMED SPINACH WW DINNER ROLL IN TRAY FRESH CLEMENTINE/OATMEAL RAISIN COOKIE 3</p>
<p>LOW SODIUM HOT DOG W/ MEATSAUCE ON A WW BUN YELLOW SWEET CORN CALI BLEND VEGETABLES GRANNY SMITH APPLE 6</p>	<p>ROAST PORK LOIN W/LS GRAVY MASHED FRESH SWEET POTATOES MIXED VEGETABLES FRUIT COCKTAIL 7</p>	<p>OVEN FRIED CHICKEN PARMESAN OVER WW PASTA GREEN PEAS WW DINNER ROLL IN TRAY FRESH GRAPES 8</p>	<p>HEARTY BEEF STEW MADE W/ LS GRAVY, POTATOES, PEAS AND CARROTS/GREEN BEANS WW DINNER ROLL IN TRAY DICED PEACHES AND CREAM 9</p>	<p>MACARONI AND CHEESE SUGAR SNAP PEAS BABY CARROTS SLICED APPLES WITH CINNAMON 10</p>
<p>HAM WITH PINEAPPLE RING FRESH CUBED SWEET POTATOES FRENCH STYLE GREEN BEANS FRESH ORANGE 13</p>	<p>TURKEY A LA KING OVER RICE BUTTERNUT SQUASH CAULIFLOWER FRUIT MEDLEY MADE IN HOUSE 14</p>	<p>CHEFS SALAD W/EGG, TURKEY, SWISS OVER FRESH GREENS MARINATED CUCUMBERS WW DINNER ROLL FIG NEWTONS 15</p>	<p>HAPPY ST PATRICKS DAY!! CORNED BEEF OVER CABBAGE STEAMED CARROTS STEAMED POTATOES CLASSIC DINNER ROLL IRISH TEA CAKE 16</p>	<p>STUFFED SHELLS W/ MARINARA SAUCE ASPARAGUS CARROT COINS DICED PEARS W/CREAM 17</p>
<p>LEAN BEEF WITH PEPPERS AND ONIONS OVER WW PASTA NORMANDY BLEND WW DINNER ROLL IN TRAY FRESH BANANA 20</p>	<p>BBQ CHICKEN LEG/THIGH MASHED FRESH SWEET POTATOES COLLARD GREENS RED DELICIOUS APPLE 21</p>	<p>CHEFS CHOICE!! ENJOY 😊 22</p>	<p>HAPPY MARCH BIRTHDAYS!! HOMESTYLE MEATLOAF W/LS GRAVY OVEN BROWN POTATOES BRUSSEL SPROUTS SUNSHINE BAR 23</p>	<p>BROCCOLI AND CHEESE QUICHE WARM BEETS/YELLOW SWEET CORN TROPICAL FRUIT 24</p>
<p>ROAST BEEF W/LS GRAVY BAKED POTATO YELLOW SQUASH FRESH PEAR 27</p>	<p>PORK CHOP SUPREME MASHED FRESH SWEET POTATOES BROCCOLI FLORETS CINNAMON APPLESAUCE 28</p>	<p>GARLIC LEMON CHICKEN W/LS GRAVY OVER BROWN RICE FIESTA BLEND VEGETABLES WW DINNER ROLL IN TRAY MACINTOSH APPLE 29</p>	<p>ITALIAN BAKED ZITI MADE W/ LEAN GROUND BEEF AND WW PASTA MIXED VEGETABLES FRUIT MEDLEY MADE IN HOUSE WW DINNER ROLL 30</p>	<p>FISH FLORENTINE RED POTATO WEDGES BUTTERED PEAS WW DINNER ROLL IN TRAY FRESH GRAPES 31</p>

