

<p>WASHINGTON COUNTY NUTRITION PROGRAM JUNE 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 <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>MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)746-2357</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>CHEESEBURGER 🍔 ON A WW BUN BROCCOLI FLORETS PEAS AND CARROTS CHILLED PINEAPPLE 🍍 1</p>	<p>CHICKEN CEASAR SALAD W/ FRESH GREENS COUNTRY STYLE TOMATOES VEGGIE MAC SALAD HONEYDEW MELON 🍈 2</p>
<p>SLOPPY JOE ON A WW BUN FRESH SWEET BAKED CUBED POTATOES W/HERBS GREEN BEANS GRANNY SMITH 🍏 5</p>	<p>SANTE FE CHICKEN OVER BROWN RICE YELLOW SWEET CORN WW DINNER ROLL IN TRAY TROPICAL FRUIT 6</p>	<p>AMERICAN GOULASH BROCCOLI FLORETS 🥦 WW DINNER ROLL IN TRAY MANDARIN ORANGES 🍊 7</p>	<p>HAPPY JUNE BIRTHDAYS! SWEET AND SOUR PORK OVER BROWN RICE ORIENTAL BLEND VEGGIES CAULIFLOWER KAREN'S JELLO POKE CAKE 8</p>	<p>ANTHONY'S TUNA SALAD ON A BED OF SPINACH MARINATED CUCUMBERS MIDDLE EASTERN QUINOA WW DINNER ROLL GRAPES 🍇 9</p>
<p>TURKEY AND SWISS ON A CLASSIC SUB ROLL THREE BEAN SALAD 🥕 COUNTRY STYLE TOMATOES BANANA 12</p>	<p>TONI'S PULLED PORK ON A WW BUN OVEN BROWN HERBED POTATOES GREEN PEAS SLICED APPLES W/CINNAMON 13</p>	<p>LEMON DILL SCROD OVER BROWN RICE HONEY GLAZED CARROTS WW DINNER ROLL IN TRAY PLUM/OAT RAISIN COOKIE 14</p>	<p>SOUTHERN BBQ CHICKEN THIGH/LEG FRESH SWEET MASHED POTATOES SPINACH DICED PEAR W/WHIP 🍏 15</p>	<p>HAPPY FATHER'S DAY 🧑🏻 ITALIAN WW SPAGHETTI W/LEAN MEAT SAUCE NORMANDY BLEND VEGGIES WW DINNER ROLL IN TRAY SUE'S BLUEBERRY SHORTCAKE 16</p>
<p>HAPPY JUNETEENTH! MACARONI AND CHEESE BABY CARROTS BROCCOLI FLORETS ZACH'S LEMON PUDDING 19</p>	<p>KATE'S BEEF STROGANOFF OVER WW PASTA CALIFORNIA BLEND VEGGIES WW DINNER ROLL IN TRAY FRESH STRAWBERRIES 20</p>	<p>LEMON DILL CHICKEN OVER BROWN RICE SUGAR SNAP PEAS WW DINNER ROLL IN TRAY FRUIT COCKTAIL 21</p>	<p>DOUG'S FISH FLORENTINE OVEN BROWN PARSLEY POTATOES/BUTTERNUT SQUASH CLEMENTINE OAT/RAISIN COOKIE 🍪 22</p>	<p>CHEFS SALAD W/TURKEY, SWISS AND EGG VEGGIE MAC SALAD FIG NEWTONS 23</p>
<p>BONELESS CHICKEN BREAST W/ASIAN BROWN SAUCE OVER BROWN RICE ORIENTAL BLEND VEGGIES BROCCOLI FLORETS PEAR 🍏 26</p>	<p>LINSEY'S MEATLOAF MASHED POTATOES AND LOW SODIUM GRAVY COLLARD GREENS CINNAMON APPLESAUCE 27</p>	<p>VEGETARIAN CHILI BROWN RICE PILAF MADE IN HOUSE KATE'S CORNBREAD TONI'S NO BAKE CHOCOLATE COOKIE 🍪 28</p>	<p>PULLED CHICKEN W/LOW SODIUM GRAVY OVER HOMEMADE BISCUIT CARROT COINS GREEN PEAS APRICOTS 29</p>	<p>ROAST BEEF AND PROVOLONE SANDWICH ON WW BUN MARINATED CUCUMBERS HOMEMADE PINEAPPLE COLESLAW DICE PEACHES W/WHIP</p>

