

<p>WASHINGTON COUNTY NUTRITION PROGRAM September 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><i>Need to cancel or restart your meals? 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>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>With the change in season comes fresh changes to the MENU :). Enjoy our Fall selections!</p>		<p>Chefs salad with turkey, swiss and egg Quinoa side salad WW Dinner roll Fig Newtons 1</p>
<p>LABOR DAY PROGRAM CLOSED SEE YOU TUESDAY :)</p>	<p>HAPPY LABOR DAY!! Low Sodium Hot dog w/meatsauce on a ww bun Yellow Sweet Corn/Veggie Blend Sunshine Lemon Pudding w/whip5 4</p>	<p>Lemon Scrod over brown rice Peas and Pearl Onions Carrot Coins 🥕 Peaches and Cream 6</p>	<p>Honey Glazed Chicken Breast Over a bed of cous cous Broccoli Florets 🥦 WW Dinner roll in tray Cinnamon Applesauce 7</p>	<p>Albacore tuna on a bed of romaine Country Style Tomatoes Fresh Potato Salad Fruited Gelatin 8</p>
<p>American Goulash Steamed Spinach WW Dinner Roll in tray Fresh Peach 🍑 11</p>	<p>Quiche Lorraine Brussel Sprouts 🌿 Baby Carrots 🥕 Melon Cup 12</p>	<p>Roast Pork Loin w/ LS gravy Fresh Sweet Baked Potato Normandy Blend Veggies 🥦 Apricots 13</p>	<p>Egg Salad on a croissant Pineapple Coleslaw Country Style Cucumbers Clementine 🍊 Oatmeal Raisin Cookie 🍪 14</p>	<p>Oven Fried Chicken Parmesan over ww pasta Sweet Green Peas WW Dinner Roll in tray Grapes 🍇 15</p>
<p>Cheeseburger on a ww bun Warm Beets Wax Beans Fresh Banana 🍌 18</p>	<p>Tuscan Chicken over ww pasta Broccoli Florets 🥦 WW Dinner Roll in tray Diced Pear w/Whip 19</p>	<p>Stuffed Shells w/lean meat sauce Italian Blend Veggies 🥦 Italian Green Beans Mandarin Orange Fluff 20</p>	<p>Happy September Birthdays!! French Toast Casserole with fresh fruit topping Diced Potatoes 🍠 Sausage link Apple Cake 21</p>	<p>Lean Beef with Peppers over ww pasta Prince Edward Blend Veggies 🥦 Steamed Spinach Fruit Cocktail 22</p>
<p>Chicken Cacciatore over ww pasta Yellow Squash Italian Blend Veggies 🥦 Fresh Pear 25</p>	<p>Honey Baked Ham Fresh Sweet Mashed Potatoes Buttered peas Chilled Pineapple 🍍 26</p>	<p>Macaroni and Cheese Carrot Coins Collard Greens Macintosh Apple 🍏 27</p>	<p>Salsbury Steak w/LS gravy Mashed Potatoes Broccoli and Cauliflower mixed Fresh Cherries 🍒 28</p>	<p>Fish Florentine Quinoa Zucchini Fresh Plum Oatmeal Raisin Cookie 29</p>

