

Meals must be eaten on day of delivery!

****Should you need to reheat the meals please follow these directions:**


Microwave: 2-3 minutes

Oven 350* place meal on cookie sheet and reheat no longer than 10 minutes

Protein 3 oz.
Vegetables 1/2 cup...Starch 1/2 cup

All Fruit - 6 oz. Serving

100% Whole Wheat Bread, margarine, and low-fat milk served daily.

Monday	Tuesday	Wednesday	Thursday	Friday
				Roast Beef & Cheese Submarine Lettuce, Tom & Pickle Pineapple Coleslaw Peach Cobbler Club Roll 1
Program Closed Independence Day Holiday 4	Chicken Patty Sweet Potatoes Mixed Veg Tropical Fruit Sandwich Roll 5	American Beef Goulash Steamed Cauliflower Mixed Green Salad Fresh Fruit Whole Wheat Dinner Roll 6	Roast Pork w/Gravy Oven Browned Potatoes Brussel Sprouts Mandarin Oranges Whole Wheat Dinner Roll 7	Cheeseburger Buttered Corn Baked Beans Strawberry Shortcake Hamburger Roll 8
BBQ Chicken Leg Scalloped Potatoes Steamed Spinach Pineapple Chunks 11	Heart Healthy Beef Teriyaki Sugar Snap Peas Brown Rice Fresh Fruit Whole Wheat Dinner Roll 12	Polish Kielbasa Braised Cabbage & Apples Steamed Red Potatoes Rice Krispie Treat Sugar Cookie 13	Chicken Caesar Salad Country Tomatoes Three Bean Salad Chocolate Chip Cookie Garlic Parmesan Roll 14	Italian Mixed Sub Lettuce & Tomato Italian Veggie Pasta Salad Seedless Grapes Club Roll 15
Country Fried Steak w/ LS Gravy Mashed Potatoes Buttered Green Beans Fruit Cocktail 18	Baked Ziti w/ Sausage & Cheese Steamed Broccoli Mixed Green Salad Fresh Fruit Garlic Dinner Roll 19	Chicken Salad Plate Macaroni Salad Cucumber Salad Sugar Cookie Croissant 20	Low Sodium Hot Dog Meat Sauce Baked Beans Mixed Vegetables Yogurt & Berries Hot Dog Bun 21	Chinese Chicken & Broccoli Rice Pilaf Oriental Blend Vegetables Mandarin Oranges 22
BBQ Rib Patty Au Gratin Potatoes Steamed Corn Fresh Fruit Hamburger Bun 25	Salisbury Steak Low Sodium Gravy Baked Potato Fiesta Blend Vegetables Apricots 26	Lemon Butter Fish Filet Rice Pilaf Capris Blend Blonde Brownie 27	Sweet & Sour Pork Asian Noodles Glazed Carrots Whole Wheat Dinner Roll Birthday Cake **Happy Birthday** 28	Sloppy Joe Oven Browned Potatoes Collard Greens Fresh Banana Hamburger Bun 29

Suggested donation is \$3.00 per meal. Visitors and Guest at the Meal Sites \$5.00 The Nutrition Program is funded by participants' contributions, as well as the Washington County Board of Supervisors through the Federal Older Americans Act and State Funds through the NYS Office for the Aging.

Salem Site 854-7294
Cambridge Site 677-8592
Hudson Falls Site 747-9352
Whitehall Site 499-2482

MENU IS SUBJECT TO CHANGE

FOR THE SAFETY OF OUR DRIVERS
PLEASE RESTRAIN YOUR DOG !

