

Meals must be eaten on day of delivery !

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

Microwave: 2-3 minutes

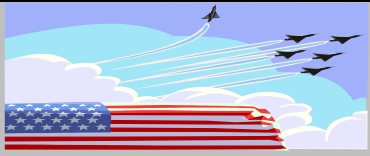
Oven 350* place meal on cookie sheet and reheat no longer than 10 minutes

Protein 3 oz.

Vegetables 1/2 cup...Starch 1/2 cup

All Fruit - 6 oz. Serving

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

Monday	Tuesday	Wednesday	Thursday	Friday
		Breaded Fish Filet Mac & Cheese Broccoli Pineapple 1	Turkey & Cheese Sub L,T,O Pickles Coleslaw Yogurt w/ Fruit Club Roll 2	Baked Ham with Pineapple Fresh Sweet Potato Green Bean Fruit Cocktail 3
Cheeseburger Sweet Potato Fries Buttered Corn Fresh Fruit Whole Wheat Sandwich Roll 6	Strawberry French Toast Breakfast Links Home Fried Potatoes Cottage Cheese Sliced Pineapple 7	Tuna Salad Country Tomatoes Mac Salad Pineapple & Cherry 8	Roast Beef <i>with LS Gravy</i> Baked Sweet Potato Mixed Vegetables Sliced Pears 9	Herb Roasted Chicken Scalloped Potatoes Collard Greens Fresh Fruit 10
LS Hot Dog with Meat Sauce Buttered Corn California Blend Fresh Fruit WW Hot Dog Roll 13	Shepherd's Pie Corn & Potatoes Green Beans Apricots 14	Seafood Salad Plate Veggie Mac Salad Cottage Cheese Tropical Fruit Butter Crackers 15	Chicken Piccata over Rice Steamed Broccoli Tossed Green Salad Carrot Cake Whole Wheat dinner Roll ** Happy Birthday!! ** 16	Mac & Cheese Baby Carrots Asparagus Fresh Fruit 17
Salisbury Steak <i>with Low Sodium Gravy</i> Baked Sweet Potato Rutabaga Fruit Cocktail 20	Tuscan Chicken Penne Pasta Tossed Salad Capris Blend Veg Fresh Fruit Whole Wheat Dinner Roll 21	Pork Chop Supreme Oven Browned Potatoes Broccoli Florets Applesauce 22	Beef Stew with Low Sodium Gravy Green Beans Sliced Peaches Homemade Biscuit 23	Egg Salad Veggie Mac Marinated Cukes Mandarin Oranges 24
Memorial Day Holiday Program Closed 27	BBQ Chicken Leg Baked Potato Broccoli Floret Applesauce 28	Chicken Marsala over Gemelli Tossed Salad Sliced Carrots Fresh Fruit Garlic Dinner Roll 29	Meatloaf with Low Sodium Gravy Oven Browned Potatoes California Blend Sliced Pears 30	Mushroom & Cheese Quiche Harvard Beets Buttered Corn Sliced Apples 31

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.

FOR THE SAFETY OF OUR DRIVERS
PLEASE RESTRAIN YOUR DOG !

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



MENU IS SUBJECT TO CHANGE