

*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
Chicken Patty Sweet Potato Fries Lima Beans Fresh Fruit 3	Spaghetti with Beef Marinara Steamed Cauliflower Italian Green Beans Sunshine Bar 4	Beef Stroganoff Egg Noodles Peas & Carrots Fruit Cocktail Whole Wheat Dinner Roll 5	Chefs Salad Turkey & Swiss Fresh Greens Country Style Tomatoes Fresh Fruit WW Dinner Roll 6	Stuffed Chicken <i>Made with LS Gravy</i> Wild Rice Broccoli Spears Sliced Peaches 7
Chinese Chicken & Broccoli Brown Rice Oriental Blend Veg Mandarin Oranges WW Dinner Roll 10	Macaroni and Cheese Sliced Carrots Broccoli Sliced Pears 11	Curried Chicken Salad Quinoa Salad with Veggies Cucumber Salad Tropical Fruit Croissant 12	Meatloaf <i>Made with LS Gravy</i> Mashed Potatoes Steamed Spinach Chocolate Chip Cookie 13	Italian Mixed Sub Lettuce & Tomato Italian veggie Pasta Salad Melon Cup Sub Roll 14
Stuffed Fish Rice Confetti Collard Greens Fresh Fruit 17	BBQ Rib Patty Mashed Potatoes Baby Carrots Fresh Grapes Whole Wheat Sandwich Roll 18	Sloppy Joe Sweet Potato Fries Green Beans Peaches & Cream Whole Wheat Sandwich Roll 19	Ham & Cheese Veggie Mac Tomato Wedges Pineapple Chunks Croissant 20	Chicken Santé Fe Fiesta Rice Roasted Corn Blonde Brownie 21
Chopped Sirloin <i>Made with LS Gravy</i> Baked Idaho Potato Fiesta Blend Veggies Fresh Fruit 24	Chicken Caesar Salad Mixed Greens Carrot and Raisin Salad Melon Cup Garlic Dinner Roll 25	Heart Healthy Beef Teriyaki Brown Rice Oriental Blend Veggies Sliced Carrots Mandarin Oranges WW Dinner Roll 26	Roast Pork Loin <i>Made with LS Gravy</i> Oven Browned Potatoes Brussel Sprouts Birthday Cake *Happy Birthday* 27	LS Hot Dog w/ Meat Corn California Mix Vegetables Fresh Fruit WW Roll 28

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