

*Meals must be eaten on day of delivery !*

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

**Microwave: 2-3 minutes**



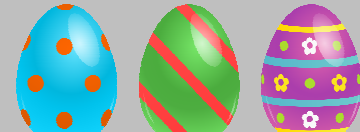

**Oven 350\* place meal on cookie sheet and reheat no longer than 10 minutes**

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
Low Sodium Hot Dog w/ Meat Sauce Buttered Corn California Blend Vegetables Fresh Fruit Whole Wheat Bun 1	Shepherd's Pie Corn & Potatoes Green Beans Apricots 2	Tuna Salad with Mixed Greens Veggie Mac Salad Country Tomatoes Tropical Fruit Croissant 3	Chef's Choice  4	Macaroni & Cheese Baby Carrots Steamed Asparagus Yogurt w/ Fruit 5
Salisbury Steak with Low Sodium Gravy Baked Sweet Potato Rutabaga Fruit Cocktail 8	Tuscan Chicken Penne Pasta Tossed Salad Capris Blend Veg Fresh Fruit Whole Wheat Dinner Roll 9	Pork Chop Supreme Oven Brownd Potatoes Broccoli Florets Applesauce 10	Beef Stew with Low Sodium Gravy Green Beans Sliced Peaches Homemade Biscuit 11	Egg Salad Veggie Mac Marinated Cukes Mandarin Oranges 12
Veal & Peppers Spinach Salad Italian Blend Vegetable Fig Newtons Garlic Dinner Roll 15	Chicken Marsala over Gemelli Tossed Salad Sliced Carrots Fresh Fruit Garlic Dinner Roll 16	Meatloaf with Low Sodium Gravy Oven Brownd Potatoes California Blend Sliced Pears 17	Roast Pork made with LS Gravy Mashed Potatoes Mixed Vegetables Birthday Cake 18	Mushroom & Cheese Quiche Harvard Beets Buttered Corn Sliced Apples 19
BBQ Chicken Leg Sweet Potatoes Steamed Spinach Apricots 22	Chicken Piccata over Rice Pilaf Asparagus Sliced Carrots Fruit Festival 23	Beef/Mushrooms & Pepper Italian Blend Vegetables Quinoa Pilaf Fresh Fruit Whole Wheat Dinner Roll 24	Chicken Caesar Salad Mixed Green Salad Country Tomatoes Pineapple Upside-down Cake Whole Wheat Dinner Roll 25	Lemon Butter Scrod Wild Rice Medley Steamed Spinach Fig Newtons Whole Wheat Dinner Roll 26
Breaded Pork Steak Mashed Sweet Potatoes Fiesta Blend Vegetables Mandarin Oranges 29	Spaghetti w/Meat Sauce Spinach Salad Peas & Carrots Fresh Fruit Garlic Dinner Roll 30			

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.

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

**FOR THE SAFETY OF OUR DRIVERS  
 PLEASE RESTRAIN YOUR DOG !**



## Have you heard of Meatless Mondays???

*If you serve meat less often it is not only a healthy way to cut back the amount of calories and fat you consume but it can be cost effective too. What I mean by that is meat is expensive and substituting plant based meals one or two times a week can really help your grocery budget more than you might realize!!*

*Meatless meals tend to be rich in beans which are inexpensive compared to chicken, beef and pork. Tofu is another great meat substitute which can be prepared many different ways, such as stir-frying with vegetables.*

*Some may argue, we need protein in the form of meat in our diet and without it we may end up with deficiencies. I can assure you that most Americans get more than enough protein in their diets. Not every case is the same however, there are factors to consider such as medical conditions and body size that can play a role in the amount of protein one should have, so if you have special concerns it is always a good idea to consult your doctor first as well as your Registered Dietitian before making a change in your diet.*

*But for those who do not have any special concerns a meatless meal or two in your week has been shown to reduce risk for certain diseases, so why not try a plant based diet with fruits, vegetables, whole grains, beans, legumes and nuts!*

*Don't know how to get started? Below find an easy meatless meal to get you started and join me at my events this month, I will be talking about meatless meals and providing a sample of one of my favorites!!!*

*As always, if you or someone you know and love would like more information about this topic or have nutrition related concerns, contact Washington County Office for the Aging at (518)746-2420 and ask to speak to me, Kristin Stewart, your Registered Dietitian/Nutritionist!! See you soon!*

### **5 Ingredient Enchilada Casserole**

**Cooking spray**

**16oz Enchilada Sauce**

**2 Large sweet potatoes, unpeeled, and thinly sliced**

**2 cans black beans (drained and rinsed)**

**Shredded Mexican blend cheese**

**4 cups of spinach or Swiss chard**

**Instructions:**

**1-Heat oven to 375 degrees, coat a 9x13 baking dish with cooking spray**

**2-spread 1/2 cup enchilada sauce on the bottom of a baking dish. Arrange 1/3 of the sweet potato slices across the bottom, distribute 1/2 the beans, sprinkle with cheese, 1/2 cup enchilada sauce and half the spinach evenly over the sweet potatoes, repeat layers and finish with sweet potatoes and sauce, cover tightly with aluminum foil**

**3-Bake until sweet potatoes are tender, about 40 minutes, leftovers can be refrigerated in an air tight container.**

Recipe obtained from: <http://www.thekitchn.com//> on 3/10/19