



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
<p><i>New Year's Day</i> <i>Program Closed</i> <i>No Meals Today</i></p>  <p>1</p>	<p>Low Sodium Hot Dog w/ Meat Sauce Baked Beans Steamed Brussel Sprouts Hot Dog Roll Yogurt w/ Berries</p> <p>2</p>	<p>Santé Fe Chicken Fiesta Rice Roasted Corn Fresh Banana</p> <p>3</p>	<p>French Toast Casserole Sausage Links Home Fries Cottage Cheese with Pineapple</p> <p>4</p>	<p>Roast Turkey w/LS Gravy Sliced Carrots Mashed Potatoes Birthday Cake</p> <p>**Happy Birthday**</p> <p>5</p>
<p>Sloppy Joe Potato Puffs Steamed Cauliflower Peaches & Cream Hamburger Bun</p> <p>8</p>	<p>Chicken & Low Sodium Gravy Mixed Vegetables Homemade Biscuit Chocolate Chip Cookie</p> <p>9</p>	<p>Fish Florentine Waxed Beans Rice Pilaf Apricots</p> <p>10</p>	<p>Shells & Cheese w/ Ham Stewed Tomatoes Peas & Mushrooms Tropical Fruit</p> <p>11</p>	<p>Dijon Roast Pork Baked Potato Butternut Squash Bread Pudding</p> <p>12</p>
 <p>Program Closed</p> <p>15</p>	<p>Salisbury Steak w/ Low Sodium Gravy Sweet Potato Wedges Steamed Spinach Tropical Fruit</p> <p>16</p>	<p>Stuffed Shells with Marinara Green Salad California Blend Vegetables Fresh Fruit Whole Wheat Dinner Roll</p> <p>17</p>	<p>Beef Stroganoff Buttered Egg Noodles Glazed Carrots Steamed Broccoli Chocolate Pudding</p> <p>18</p>	<p>Baked Ham w/ Raisin Sauce Sweet Potatoes Braised Red Cabbage Fresh Fruit</p> <p>19</p>
<p>Sweet & Sour Meatballs Brown Rice Oriental Blend Vegetables Egg Roll Fresh Tangerine</p> <p>22</p>	<p>Stuffed Chicken Breast Mixed Vegetables Wild Rice Medley Rice Pudding</p> <p>23</p>	<p>Fish Sandwich Oven Browned Potatoes California Blend Veg Peaches & Cream Hamburger Bun</p> <p>24</p>	<p>Italian Baked Ziti Mixed Green Salad Italian Blend Vegetable Fresh Fruit</p> <p>25</p>	<p>Meatloaf w/ Low Sodium Gravy Baked Potato Collard Greens Yogurt w/ Fruit</p> <p>26</p>
<p>Potato Crusted Fish Rice Pilaf Snap Peas Pineapple Chunks</p> <p>29</p>	<p>Turkey Tetrazzini Steamed Peas Sliced Carrots Mandarin Oranges</p> <p>30</p>	<p>Stuffed Pepper Spanish Rice Waxed Beans Siesta Pie Whole Wheat Dinner Roll</p> <p>31</p>		

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



You will be surprised the impact very small changes can make, try a few of the following to achieve a healthier lifestyle in 2018!

- **Eat breakfast. Try to incorporate healthy, convenient foods like high-fiber cereal, fat-free or low-fat yogurt, and fruit. You want your breakfast to be low in sugar but high in other nutrients that will keep you full like fiber and protein**
- **Switch from drinking regular soda to water. You can flavor your water with slices of fresh fruit or use no calorie water flavorings**
- **Switch your bread from white to whole grain. Look for those breads containing 3 grams of fiber or more per slice**
- **Switch from regular pasta to whole grain pasta. You may need to cook whole wheat pasta a little bit longer to soften it**
- **Switch from whole milk or 2% milk to 1% or skim milk**
- **Aim to drink more water. Add one or two extra glasses of water per day. Drinking more water throughout the day may curb your appetite and keep you from drinking beverages that are high in sugar**
- **Move more!!! Any amount of added physical activity counts and makes a difference!!**

For more information on how you can improve your lifestyle for a healthier you, contact Washington County Aging and Disabilities Resource Center for information about nutritional counseling from a Registered Dietitian Nutritionist or stop by a scheduled nutrition education session at any of the various meal sites in Washington County!