

<b>Washington County Nutrition Program</b> <b>January 2025 Menu</b> <b>Subject to change without notice</b> <b>Menu items in BOLD are specials for holidays and birthdays</b>		<b>Meals must be consumed on day of delivery!</b> Should you need to reheat the meal do so in the microwave for 2-3 minutes. <b>Allergen information is available, ask employee for details.</b>	<b>Meal consists of a minimum of 3 oz of protein, 1/2 cup vegetables, 1/2 cup of starch, whole wheat bread, butter, 1% milk</b> <b>Low sodium gravies are always used.</b>	<b>NEED TO CANCEL OR RESTART MEALS?</b> <b>Call (518)746-2357</b> <b>QUESTIONS/CONCERNS?</b> <b>Call (518)746-2286</b> <b>Suggested contribution is \$3, guests under 60 years old, \$5 per meal.</b>	<b>Congregate Meal Sites</b> <b>Contact Information</b> <b>Cambridge 518-677-8592</b> <b>Kingsbury 518-747-9352</b> <b>Whitehall 518-791-5082</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Turkey/Cheese Submarine</b> <b>3 Bean Salad</b> <b>Country Cucumber</b> <b>Blueberries and Cream</b> <p style="text-align: right;">6</p>	<b>Roast Pork Loin w/LS gravy</b> <b>Baked Potato</b> <b>Broccoli Florets</b> <b>Macintosh Apple</b> <p style="text-align: right;">7</p>	<b>Chicken Cacciatore over penne pasta</b> <b>Mixed Veggies/Wax Bean</b> <b>Pineapple and Cherries</b> <p style="text-align: right;">8</p>	<b>Mild Chili Con Carne over white rice</b> <b>Normandy blend</b> <b>Sliced carrots</b> <b>Apricots</b> <p style="text-align: right;">9</p>	<b>Lemon Baked Fish over Brown Rice</b> <b>Carrot Coins</b> <b>Brussel Sprouts</b> <b>Peach slices/oat cookie</b> <p style="text-align: right;">3</p>	
<b>Three Cheese Quiche</b> <b>Brussel Sprouts</b> <b>Warm Beets</b> <b>Fresh Banana</b> <p style="text-align: right;">13</p>	<b>American Goulash</b> <b>Baby Carrots</b> <b>Sugar Snap Peas</b> <b>Fruited Gelatin</b> <p style="text-align: right;">14</p>	<b>Chicken Breast over stuffing w/LS gravy</b> <b>Baked Potato</b> <b>Broccoli Florets</b> <b>Tropical Fruit Salad</b> <p style="text-align: right;">15</p>	<b>Lasagna</b> <b>Italian Green Beans</b> <b>Cauliflower Florets</b> <b>WW Dinner Roll</b> <b>Mixed Berries and Cream</b> <p style="text-align: right;">16</p>	<b>Meatloaf w/LS onion gravy</b> <b>Mashed Potatoes</b> <b>Peas and Pearl Onions</b> <b>Mixed Melon Cup</b> <p style="text-align: right;">10</p>	
<b>Program is closed today</b> <b>See you tomorrow!</b> <p style="text-align: right;">20</p>	<b>Beef Bolognese w/ww pasta</b> <b>Collard Greens</b> <b>Capri Blend Veggie</b> <b>WW Dinner Roll</b> <b>Pear Slices</b> <p style="text-align: right;">21</p>	<b>Rosemary Chicken Breast w/LS gravy over brown rice</b> <b>Sugar Snap Peas</b> <b>WW Dinner Roll</b> <b>Apricots</b> <p style="text-align: right;">22</p>	<b>Happy Birthday TO YOU!!!</b> <b>Chefs Special Alfredo</b> <b>Prince Edward Veggies</b> <b>WW Dinner Roll</b> <b>Yellow Cupcake with Chocolate Frosting</b> <p style="text-align: right;">23</p>	<b>Hearty Beef Stew</b> <b>Winter Blend Veggies</b> <b>WW Dinner Roll</b> <b>Red Delicious Apple</b> <p style="text-align: right;">17</p>	
<b>Stuffed Green Peppers</b> <b>Sliced Carrots</b> <b>Cauliflower Florets</b> <b>Granny Smith Apple</b> <p style="text-align: right;">27</p>	<b>BBQ Pork on a WW bun</b> <b>Warm Beets</b> <b>Butter Beans</b> <b>Cinnamon Applesauce</b> <p style="text-align: right;">28</p>	<b>Egg Salad w/WW Bun</b> <b>Baby Spinach</b> <b>Country Style Tomatoes</b> <b>Veggie Mac Salad</b> <b>Lorna Doone/Banana</b> <p style="text-align: right;">29</p>	<b>Liver and Onions w/LS gravy</b> <b>Mashed Sweet Potatoes</b> <b>Squash Blend</b> <b>Mandarin Fluff</b> <p style="text-align: right;">30</p>	<b>Chef's Salad w/hardboiled egg</b> <b>Marinated cucumbers</b> <b>WW Dinner Roll</b> <b>Sunshine Bar</b> <p style="text-align: right;">24</p>	
				<b>Macaroni and Cheese</b> <b>Capri Veggies</b> <b>Broccoli Florets</b> <b>Strawberries and Cream</b> <p style="text-align: right;">31</p>	