

WASHINGTON COUNTY NUTRITION PROGRAM JULY 2024 MENU IS SUBJECT TO CHANGE***** WITHOUT NOTICE				
<i>Meals must be eaten on the Day of delivery!! Should you need to reheat the meals microwave for 2-3 minutes OR place in a 350 degree oven for no longer than 10 minutes in an oven safe container.</i>				
MEAL CONSISTS OF: Protein-3 oz minimum Vegetables-1/2 - 1 cup Fruit-1 cup Starch-1/2 cup 100% Whole Wheat Bread, butter, 1% milk served daily When gravy is provided, low sodium is always used				
Need to cancel or restart your meals? Call(518)746-2357 For the safety of our Drivers please restrain your dog!!! Have questions/concerns? Call (518)746-2286				
Suggested Contribution is \$3.00 per meal. Visitors and guests under 60 yrs of age, \$5.00 per meal. The Nutrition Program is funded by participants' contributions, Washington Cty Board of Supervisors and NYS Office for the Aging.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ITALIAN WW ZITI WITH HEART HEALTHY LEAN BEEF MEATSAUCE AND MOZZARELLA PEAS W/PEARL ONIONS WW DINNER ROLL IN TRAY FRESH BANANA 🍌 1	SANTE FE CHICKEN BREAST OVER BROWN RICE FIESTA BLEND VEGETABLES WW DINNER ROLL IN TRAY FRESH MELON 2	Happy 4th of JULY 🇺🇸 TURKEY AND CHEESE SUB 3 BEAN SALAD COUNTRY STYLE TOMATOES PINEAPPLE UPSIDEDOWN CAKE 3	Program Closed Today 4	TUNA SALAD ON A BED OF GREENS MARINATED CUCUMBER VEGETABLE MAC SALAD WW DINNER ROLL MAC APPLE/OATMEAL COOKIES <i>Close</i>
HOMEMADE MACARONI AND CHEESE CARROT COINS COLLARD GREENS 2 CLEMENTINES 8	STUFFED SHELLS W/ MEATSAUCE BROCCOLI FLORETS CAULIFLOWER FRESH GRAPES 9	HEART HEALTHY BEEF TERIYAKI OVER BROWN RICE ORIENTAL BLEND VEGETABLES BRUSSEL SPROUTS FRUITED GELATIN 10	PULLED PORK ON A WW BUN OVEN BROWN POTATOES CALIFORNIA BLEND VEGGIES MIXED BERRIES AND CREAM 11	PICNIC DAY!! CHEESEBURGER BROCCOLI FLORETS BAKED BEANS SHORTCAKE 12
CHICKEN PATTY ON A WW BUN SWEET CUBED POTATOES NORMANDY BLEND VEGGIES MACINTOSH APPLE 🍏 15	LIGHTLY BREADED FISH OVEN BROWN POTATO W/ PARSLEY STEAMED SPINACH CLEMENTINE/OAT COOKIE 16	ASIAN INSPIRED SWEET AND SOUR PORK OVER BROWN RICE WAX BEANS BABY CARROTS PINEAPPLE FLUFF 17	AMERICAN GOULASH MIXED VEGETABLES WW DINNER ROLL IN TRAY CINNAMON PEAR SLICES 18	CHICKEN CEASAR SALD COUNTRY STYLE CUCUMBERS FRESH POTATO SALAD WW DINNER ROLL STRAWBERRIES AND CREAM 19
LS HOT DOG W/MEATSAUCE ON A WW BUN YELLOW SWEET CORN CALIFORNIA BLEND VEGGIES PLUM/OATMEAL COOKIE 22	PULLED CHICKEN W/LS GRAVY OVER HOMEMADE BISCUIT PEAS AND PEARL ONIONS CARROT COINS APRICOTS 23	VEGETARIAN CHILI BROWN RICE GARLIC DINNER ROLL IN TRAY YOGURT W/BERRIES 24	Happy July Birthdays!! 🎂 Beef stroganoff over ww noodles Broccoli Florets WW dinner roll in tray Birthday cake-Chefs choice 25	CHICKEN SALAD ON A CROISSANT MIDDLE EASTERN QUINOA SALAD 3 BEAN SALAD CINAMMON APPLE SLICES 26
ROAST PORK LOIN W/LS GRAVY BAKED POTATO BRUSSEL SPROUTS WW DINNER ROLL FRESH BANANA 🍌 29	ASIAN INSPIRED DICED CHICKEN AND BROCCOLI IN A BROWN SAUCE OVER BR RICE ORIENTAL BLEND VEGETABLES WW DINNER ROLL IN TRAY MANDARIN ORANGES 30	LEMON COD FISH OVEN BROWN POTATOES HONEY GLAZED CARROTS WW DINNER ROLL TROPICAL FRUIT 🍌 31	MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)791-5082	ALLERGEN INFORMATION FOR MENU ITEMS IS AVAILABLE. ASK AN EMPLOYEE FOR DETAILS. Please note: Our program is more liberal with meals on <i>holidays and birthdays</i> as is the position of the AND to improve quality of life.