

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



Do you know your stroke risk factors?
What about your heart health lab goals?

It is so important to talk to your doctor about your numbers and risk factors.

There are things that can be done to help reduce your risk of a heart attack and/or stroke.

Many seniors feel that they have eaten a certain way for most of their lives and have done just fine. Change is not welcomed or desired. I hear that all too often in my profession. When a doctor and/or Registered Dietitian counsels someone about heart health it is important to emphasize goals important to maintain their quality of life. It is never too late to make a change. No one would ever tell someone who smokes not to bother quitting the habit because they have been a smoker for years, right? It is never too late to give up a bad habit. That includes unhealthy eating habits that can either shorten your lifespan and/or significantly affect your quality of life.

It only takes one event to change your life forever!

Join me this June at the following locations to have an open discussion about heart health and stroke risk, we will make this fun as always by doing a blind taste test along with our discussion:

Hudson Falls meal site on the 10th at 11:15
Cambridge meal site on the 11th at 11:15
Skenesborough Manor on the 26th at noon
Mountain View Commons on the 27th at noon

I will provide you with tools you need to assess your risk and make changes!!! And who doesn't like taste tests!!!

As always, if you or someone you know needs assistance with nutrition related concerns I am available!

Call the office today for a counseling session!

See you this June around the County!

Kristin Stewart RDN, CDN

Sources: www.strokeassociation.org, accessed on 5/7/19; www.womenshealth.gov, accessed on 5/7/19; www.heart.org, accessed on 5/7/19