

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
Pork Chop Supreme Oven Brownd Potatoes Broccoli Florets Applesauce 4	Chicken Marsala over Gemelli Tossed Salad Italian Blend Fresh Fruit Garlic Dinner Roll 5	Meatloaf made with LS Gravy Oven Brownd Potatoes California Blend Sliced Pears 6	Roast Pork made with LS Gravy Mashed Potatoes Mixed Vegetables Sliced Apples 7	Mushroom & Cheese Quiche Harvard Beets Waxed Beans Pineapple Upside Down Cake 8
BBQ Chicken Leg Sweet Potatoes Steamed Spinach Apricots 11	Chicken Caesar Salad Mixed Green Salad Country Tomatoes Fruit Festival WW Dinner Roll 12	Beef/Mushrooms & Pepper Italian Blend Vegetables Quinoa Pilaf Tropical Fruit WW Dinner Roll 13	Corned Beef & Cabbage Steamed Potatoes Steamed Carrots Irish Tea Cake  Happy St. Patrick's Day! 14	Lemon Butter Scrod Wild Rice Medley Steamed Spinach Fruit Cocktail 15
Breaded Pork Steak Mashed Sweet Potatoes Fiesta Blend Vegetables Mandarin Oranges 18	Spaghetti w/Meat Sauce Spinach Salad Peas & Carrots Fresh Fruit Garlic Dinner Roll 19	Turkey & Cheese Sub L,T,O Pickles Coleslaw Yogurt w/ Fruit Club Roll 20	Baked Ham with Raisin Sauce Fresh Sweet Potato Green Bean Fruit Cocktail 21	Breaded Fish Filet Mac & Cheese Broccoli Pineapple 22
Cheeseburger Sweet Potato Fries Buttered Corn Pineapple & Cherry Whole Wheat Bun 25	Herb Roasted Chicken Scalloped Potatoes Collard Greens Strawberry Applesauce 26	Strawberry French Toast Breakfast Links Home Fried Potatoes Cottage Cheese Sliced Pineapple 27	Roast Beef with LS Gravy Mashed Sweet Potato Mixed Vegetables Sliced Pears 28	Tuna Salad Country Tomatoes Mac Salad Fresh Fruit 29

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



March is National Nutrition Month®

This year's goal as determined by the Academy of Nutrition and Dietetics is "to increase the public's awareness of the importance of good nutrition and position Academy members as the authorities in nutrition (eatright.org, accessed 2/14/19)."

With that goal in mind I would like to take this time to remind everyone why it is important to include your Registered Dietitian Nutritionist when making dietary decisions.

We read nutrition headlines all day, hear about fad diets on television, from friends, even family about what we should and should NOT eat. There is so much misinformation out there and it can be incredibly confusing for anyone, but it can be even more challenging for someone who has a lot to lose due to chronic illnesses.

If you are faced with difficulty managing chronic diseases such as Diabetes Mellitus misinformation can not only be scary but dangerous. The all too popular Keto diet could be a recipe for disaster!

For those of you who have met me you have probably heard me say there is no two nutritional counseling sessions that are ever the same. What I mean by that is there is no such thing as "one size fits all" when it comes to individual recommendations. Everyone not only has their own set of needs and goals, but they also have their own set of priorities. So whether it is weight issues, multiple medication use causing nutritional deficiencies, special needs, digestive issues, or any other nutrition related concern, a RDN can help you navigate through, develop goals, and assist you with maintenance, monitoring and accountability during follow up sessions all while sorting through the misinformation out there using evidence based dietetics practice.

If you or someone you know and love would benefit from nutritional counseling from a RDN and are 60 years of age or older residing in Washington County please reach out to the office for an interview.

RDN day is Wednesday March 13th!

It is my pleasure to serve the seniors of Washington County!

Kristin Stewart RDN,CDN