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| <p><b>WASHINGTON COUNTY NUTRITION PROGRAM</b><br/> <b>MARCH 2023</b><br/> <b>MENU IS SUBJECT TO CHANGE*****</b></p> | <p><i>Meals must be eaten on the Day of delivery!!<br/> 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></p>    | <p><b>MEAL CONSISTS OF:</b><br/> Protein-2 oz minimum<br/> Vegetables-1/2 - 1 cup<br/> Fruit-1 cup<br/> Starch-1/2 cup<br/> 100% Whole Wheat Bread, butter, 1% milk served daily<br/> When gravy is provided, low sodium is always used</p> | <p><b>Need to cancel or restart your meals?</b><br/> <b>Call (518)746-2357</b><br/> <i>For the safety of our Drivers please restrain your dog!!!</i></p> | <p>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.</p> |
| <p><b>MONDAY</b></p>  | <p><b>TUESDAY</b></p>   | <p><b>WEDNESDAY</b></p>   | <p><b>THURSDAY</b></p>   | <p><b>FRIDAY</b></p>  |
| <p>MEAL SITES:<br/> CAMBRIDGE: (518)677-8592<br/> KINGSBURY: (518)747-9352<br/> WHITEHALL: (518)499-2482</p>        | <p>Please note: Our program is more liberal with diets on <b>holidays and birthdays</b> as is the position of the AND to improve quality of life. Should you have a concern please contact your RDN @ (518)488-8875</p> | <p>CHICKEN MARSALA MADE WITH LOW SODIUM GRAVY OVER WHOLE WHEAT PASTA ITALIAN BLEND VEGETABLES WW DINNER ROLL IN TRAY CHILLED PINEAPPLE 1</p>  | <p>CHEESEBURGER ON A WW BUN BROCCOLI FLORETS MIXED VEGETABLES FRUITED JELLO 2</p>  | <p>LEMON BUTTER SCROD OVER BROWN RICE STEAMED SPINACH WW DINNER ROLL IN TRAY FRESH CLEMENTINE/OATMEAL RAISIN COOKIE 3</p>   |
| <p>LOW SODIUM HOT DOG W/ MEATSAUCE ON A WW BUN YELLOW SWEET CORN CALI BLEND VEGETABLES GRANNY SMITH APPLE 6</p>     | <p>ROAST PORK LOIN W/LS GRAVY MASHED FRESH SWEET POTATOES MIXED VEGETABLES FRUIT COCKTAIL 7</p>   | <p>OVEN FRIED CHICKEN PARMESAN OVER WW PASTA GREEN PEAS WW DINNER ROLL IN TRAY FRESH GRAPES 8</p>   | <p>HEARTY BEEF STEW MADE W/ LS GRAVY, POTATOES, PEAS AND CARROTS/GREEN BEANS WW DINNER ROLL IN TRAY DICED PEACHES AND CREAM 9</p>                        | <p>MACARONI AND CHEESE SUGAR SNAP PEAS BABY CARROTS SLICED APPLES WITH CINNAMON 10</p>  |
| <p>HAM WITH PINEAPPLE RING FRESH CUBED SWEET POTATOES FRENCH STYLE GREEN BEANS FRESH ORANGE 13</p>                  | <p>TURKEY A LA KING OVER RICE BUTTERNUT SQUASH CAULIFLOWER FRUIT MEDLEY MADE IN HOUSE 14</p>  | <p>CHEFS SALAD W/EGG, TURKEY, SWISS OVER FRESH GREENS MARINATED CUCUMBERS WW DINNER ROLL FIG NEWTONS 15</p>   | <p>HAPPY ST PATRICKS DAY!! CORNED BEEF OVER CABBAGE STEAMED CARROTS STEAMED POTATOES CLASSIC DINNER ROLL IRISH TEA CAKE 16</p>                           | <p>STUFFED SHELLS W/ MARINARA SAUCE ASPARAGUS CARROT COINS DICED PEARS W/CREAM 17</p>   |
| <p>LEAN BEEF WITH PEPPERS AND ONIONS OVER WW PASTA NORMANDY BLEND WW DINNER ROLL IN TRAY FRESH BANANA 20</p>        | <p>BBQ CHICKEN LEG/THIGH MASHED FRESH SWEET POTATOES COLLARD GREENS RED DELICIOUS APPLE 21</p>  | <p>CHEFS CHOICE!!<br/> ENJOY 🥰 22</p>   | <p>HAPPY MARCH BIRTHDAYS!! HOMESTYLE MEATLOAF W/LS GRAVY OVEN BROWN POTATOES BRUSSEL SPROUTS SUNSHINE BAR 23</p>   | <p>BROCCOLI AND CHEESE QUICHE WARM BEETS/YELLOW SWEET CORN TROPICAL FRUIT 24</p>  |
| <p>ROAST BEEF W/LS GRAVY BAKED POTATO YELLOW SQUASH FRESH PEAR 27</p>   | <p>PORK CHOP SUPREME MASHED FRESH SWEET POTATOES BROCCOLI FLORETS CINNAMON APPLESAUCE 28</p>  | <p>GARLIC LEMON CHICKEN W/LS GRAVY OVER BROWN RICE FIESTA BLEND VEGETABLES WW DINNER ROLL IN TRAY MACINTOSH APPLE 29</p>  | <p>ITALIAN BAKED ZITI MADE W/ LEAN GROUND BEEF AND WW PASTA MIXED VEGETABLES FRUIT MEDLEY MADE IN HOUSE WW DINNER ROLL 30</p>                            | <p>FISH FLORENTINE RED POTATO WEDGES BUTTERED PEAS WW DINNER ROLL IN TRAY FRESH GRAPES 31</p>   |