

<p><b>WASHINGTON COUNTY NUTRITION PROGRAM</b>  <b><u>MARCH 2024</u></b>  <b>MENU IS SUBJECT TO CHANGE*****</b>  <b>WITHOUT NOTICE</b></p>				
<p><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></p>		<p><b>MEAL CONSISTS OF:</b>  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</p>		<p><b><i>Need to cancel or restart your meals?</i></b>  <b><i>Call(518)746-2357</i></b>  <i>For the safety of our Drivers please restrain your dog!!!  Have questions/concerns? Call (518)746-2286</i></p>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>MEAL SITES:</b>  CAMBRIDGE: (518)677-8592  KINGSBURY: (518)747-9352  WHITEHALL: (518)499-2482</p>	<p>Please note: Our program is more liberal with meals on <b>holidays and birthdays</b> as is the position of the AND to improve quality of life.</p>			<p>MACARONI AND CHEESE  SUGAR SNAP PEAS  CARROT COINS  BLUEBERRIES AND CREAM 1</p>
<p>HAPPY MARCH BIRTHDAYS 🍰  CHICKEN BREAST OVER STUFFING  MASHED POTATOES W/LS GRAVY  GREEN BEAN ALMONDINE  CHEFS CHOICE-CAKE 4</p>	<p>VEAL WITH PEPPERS OVER WHOLE WHEAT PASTA  ITALIAN BLEND VEGGIES  WW DINNER ROLL IN TRAY  APRICOTS 5</p>	<p>LIGHTLY BREADED FISH ON A WHOLE WHEAT BUN  RICE PILAF  BUTTERED PEAS  PEACH SLICES 🍑 6</p>	<p>FRESH ROAST BEEF W/LS GRAVY  BAKED POTATO  BROCCOLI FLORETS  FRESH PEAR 🍐 7</p>	<p>BROCCOLI AND CHEESE QUICHE  WARM BEETS  YELLOW SWEET CORN 🌽  TROPICAL FRUIT 8</p>
<p>SPRING FORWARD!! 🌸  CHICKEN CEASAR SALAD  COUNTRY STYLE TOMATOES  3 BEAN SALAD  FIG NEWTON COOKIES 🍪 11</p>	<p>PORK CHOP SUPREME  OVEN BROWN POTATOES  DICED RUTABAGA  MANDARIN ORANGES 🍊 12</p>	<p>HAPPY RDN DAY!  GREEK INSPIRED LEMON CHICKEN  BREAST W/LS GARLIC GRAVY  SWEET MASHED POTATOES  BROCCOLI FLORETS  CHILLED PINEAPPLE 🍍 13</p>	<p>FRESH TURKEY BREAST W/LS GRAVY  MASHED POTATO  GREEN BEANS  STRAWBERRIES W/WHIP 14</p>	<p>POTATO CRUSTED FISH OVER HOT QUINOA  COLLARD GREENS  WW DINNER ROLL IN TRAY  CINNAMON APPLE SLICES 15</p>
<p>HAPPY SAINT PATRICK'S DAY!  CORNED BEEF W/CABBAGE, CARROTS, AND STEAMED POTATOES  IRISH TEA CAKE 🍷 18</p>	<p>ASIAN DICED CHICKEN AND BROCCOLI OVER BROWN RICE  ORIENTAL BLEND VEGGIES  CINNAMON PEAR SLICES  WW DINNER ROLL IN TRAY 19</p>	<p>MEATLOAF W/LS ONION GRAVY  OVEN BROWN POTATOES  CALIFORNIA BLEND VEGGIES  FLUFF 20</p>	<p>EGG SALAD OVER ROMAINE  COUNTRY STYLE TOMATOES  MEDITERRANEAN QUINOA SALAD  FRESH BANANA 🍌 21</p>	<p>VEGETARIAN LASAGNA  STEAMED SPINACH  WW DINNER ROLL IN TRAY  VANILLA YOGURT W/BERRIES 22</p>
<p>LEMON BUTTER SCROD OVER WILD BROWN RICE  GREEN PEAS  WW DINNER ROLL IN TRAY  OATMEAL RAISIN COOKIE  STONE FRUIT-CHEFS CHOICE 25</p>	<p>BARBECUE CHICKEN LEG/THIGH  MASHED SWEET POTATOES  NORMANDY BLEND VEGGIES  APRICOTS 26</p>	<p>STUFFED SHELLS W/LEAN MEAT SAUCE  ITALIAN BLEND VEGGIES  SUGAR SNAP PEAS  FRUIT COCKTAIL 27</p>	<p>TURKEY AND CHEESE ON A SUB ROLL  PINEAPPLE COLESLAW  MARINATED CUCUMBERS  FRESH GRANNY SMITH APPLE 28</p>	<p>GOOD FRIDAY/HAPPY EASTER  FRESH HAM W/PINEAPPLE RING  GARLIC MASHED POTATOES  CARROT COINS  LEMON EASTER CAKE 🍰 29</p>