

*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
		Breaded Fish Filet Mac & Cheese Broccoli Pineapple 1	Turkey & Cheese Sub L,T,O Pickles Coleslaw Yogurt w/ Fruit Club Roll 2	Baked Ham with Pineapple Fresh Sweet Potato Green Bean Fruit Cocktail 3
Cheeseburger Sweet Potato Fries Buttered Corn Fresh Fruit Whole Wheat Sandwich Roll 6	Strawberry French Toast Breakfast Links Home Fried Potatoes Cottage Cheese Sliced Pineapple 7	Tuna Salad Country Tomatoes Mac Salad Pineapple & Cherry 8	Roast Beef <i>with LS Gravy</i> Baked Sweet Potato Mixed Vegetables Sliced Pears 9	Herb Roasted Chicken Scalloped Potatoes Collard Greens Fresh Fruit 10
LS Hot Dog with Meat Sauce Buttered Corn California Blend Fresh Fruit WW Hot Dog Roll 13	Shepherd's Pie Corn & Potatoes Green Beans Apricots 14	Seafood Salad Plate Veggie Mac Salad Cottage Cheese Tropical Fruit Butter Crackers 15	Chicken Piccata over Rice Steamed Broccoli Tossed Green Salad Carrot Cake Whole Wheat dinner Roll <b>** Happy Birthday!! **</b> 16	Mac & Cheese Baby Carrots Asparagus Fresh Fruit 17
Salisbury Steak <i>with Low Sodium Gravy</i> Baked Sweet Potato Rutabaga Fruit Cocktail 20	Tuscan Chicken Penne Pasta Tossed Salad Capris Blend Veg Fresh Fruit Whole Wheat Dinner Roll 21	Pork Chop Supreme Oven Browned Potatoes Broccoli Florets Applesauce 22	Beef Stew with Low Sodium Gravy Green Beans Sliced Peaches Homemade Biscuit 23	Egg Salad Veggie Mac Marinated Cukes Mandarin Oranges 24
<b>Memorial Day Holiday Program Closed</b> 27	BBQ Chicken Leg Baked Potato Broccoli Floret Applesauce 28	Chicken Marsala over Gemelli Tossed Salad Sliced Carrots Fresh Fruit Garlic Dinner Roll 29	Meatloaf with Low Sodium Gravy Oven Browned Potatoes California Blend Sliced Pears 30	Mushroom & Cheese Quiche Harvard Beets Buttered Corn Sliced Apples 31

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



MENU IS SUBJECT TO CHANGE

It is that time of year again for the Dirty Dozen List!!

*Every year the Environmental Working Group (EWG) releases a dirty dozen produce list usually followed by a list of produce that is not included in the dirty dozen. What they are referring to is the pesticide residue on the produce. Most produce, even some organic, will test positive for some pesticide residue, but what they do not discuss is the health risk to the consumer.*

*Sure, certain produce with more nooks and crannies will hold onto more residue than others, however these amounts are certainly not high enough to pose any health risk to the consumer.*

*This causes fear and more harm to the consumers health by scaring them into avoiding certain fresh produce which is a greater health risk! Avoiding fresh fruits and vegetables can be detrimental to your health.*

*So if you are concerned about residue you do not have to buy organic, if it is available and your preference that is wonderful, but it is not necessary. What you should do is make sure you are rinsing your produce with clean, cold water. And for produce with more nooks and crannies that are not fragile (such as raspberries), soaking them in clean cold water for a couple minutes before rinsing can assist in a better clean.*

*So remember, facts not fear and enjoy the abundance of fresh fruits and vegetables we have available in our area the next few months! This supports our local economy as well!*

***Start with a quick fresh fruit medley!***

- 1 can pineapple chunks undrained
- 1 can mandarin oranges, drained
- 1 large red apple, cubed (leave the skin on)
- 1 cup of strawberries, sliced
- 1 cup of halved seedless grapes
- 3 kiwifruit peeled and sliced
- 1 cup fresh blueberries
- 1 cup fresh or canned pitted dark sweet cherries
- 2 sliced bananas

Directions:

In a large bowl, combine first 6 ingredients, cover and refrigerate overnight. Just before serving fold in blueberries, cherries and bananas

*As always, should you have any questions about this topic or any other nutrition related topic you can contact me, Kristin Stewart, your Registered Dietitian at the Washington County Office for the Aging for nutrition counseling today! See you soon around the county! Source: Recipe obtained from [tasteofhome.com](http://tasteofhome.com). accessed on 4/19/19*