

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
			Roast Beef <i>Made with LS Gravy</i> Mashed Potatoes Broccoli Florets Sue's Banana Pudding 1	Macaroni and Cheese Baby Carrots Brussel Sprouts Tropical Fruit Salad Wheat Dinner Roll 2
Stuffed Fish Rice Pilaf Snap Peas Rice Pudding 5	Chicken Parmesan Penne Pasta Italian Blend Pineapple & Cherries Garlic Dinner Roll 6	Homemade Beef Stew <i>Made with LS Gravy</i> Waxed Beans Tropical Fruit Cup Buttermilk Biscuit 7	Reduced Sodium Hot Dog w/Meat Sauce Buttered Corn California Mix Vegetables Fresh Fruit Whole Wheat Hot Dog Roll 8	Chicken Curry over Cous Cous Green Beans Winter Blend Vegetable Apricots 9
 Program Closed No Meals Today 12	Chicken & Gravy w/ <i>Low Sodium Gravy</i> Steamed Red Potatoes Brussel Sprouts Fresh Fruit Homemade Biscuit 13	Potato Crusted Fish Steamed Carrots Sweet Potato Wedges Pineapple Chunks 14	America Goulash Steamed Cauliflower Italian Green Beans Tropical Fruit 15	Turkey w/ Stuffing & LS Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Sugar Free Apple Pie Homemade Dinner Roll 16
Chopped Sirloin with Mushrooms <i>Made with Low Sodium Gravy</i> Mashed Potatoes Steamed Spinach Melon Cup 19	Chicken Cacciatore over Penne Pasta Green Salad Italian Blend Vegetable Fresh Fruit Garlic Dinner Roll 20	Sloppy Joe Oven Browned Potatoes Fiesta Blend Vegetable Sliced Peaches Whole Wheat Sandwich Roll 21	 Program Closed No Meals Today Happy Thanksgiving! 22	 Program Closed No Meals Today 23
Savory Baked Chicken Baked Sweet Potato Collard Greens Pear Halves 26	Lemon Butter Scrod Wild Rice Honey Glazed Carrots Fruit Cocktail 27	Cheeseburger Broccoli Potato Puffs Tropical Fruit Whole Wheat Sandwich Roll 28	Italian Lasagna Mixed Green Salad Steamed Cauliflower Garlic Dinner Roll Fresh Banana 29	Tuna Salad Plate Country Style Tomatoes Dijon Potato Salad Butter Crackers Birthday Cake ** Happy Birthday ** 30

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



Weather Advisory!

Our drivers cannot deliver a meal in unsafe conditions

- For your protection, as well as our staff's please make sure your driveways and walkways are free from snow and ice, salted and/or sanded.
- With extreme weather conditions, the meal program will close. Announcements will be made to the School Closings Network which includes the following media outlets: WRGB channel 6, WTEN channel 10, WNYT channel 13 and TWC News channel 9. All area newspapers post the closings on their web pages. Closings will also be reported on AM Radio 810 WGY
- The general rule is that when Hudson Falls School is closed due to poor weather conditions, so is the Washington County Nutrition Program.
- Always make sure that you have canned soup or other non-perishable foods on hand so that you will have an extra meal for days when the Nutrition Program cannot deliver a hot meal. **If you are in need of non-perishable food items for emergencies, let us know and non-perishable food will be provided**

If you have any questions, please do not hesitate to call us:

**Washington County Office for Aging
383 Broadway
Fort Edward, NY 12828
(518) 746-2420 or 1-800-848-3303**