

Washington County Nutrition Program October 2024 Menu ***Menu subject to change without notice	Meals must be consumed on day of delivery! Should you need to reheat the meal do so in the microwave for 2-3 minutes.		Meal consists of 3 oz protein, 1/2 to 1 cup of vegetables, 1/2 cup of starch, whole wheat bread, butter, 1% milk		<i>Need to cancel or restart your meals?</i> <i>Call(518)746-2357</i> Allergen information is available, ask employee for details.		Suggested contribution is \$3 per meal, guests under 60 years old, \$5 per meal. <i>Have questions/concerns?</i> <i>Call (518)746-2286</i>	
<u>Monday</u>	<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
	Potato Crusted Fish Brown Rice Broccoli Florets Chilled Pineapple 1	Oven Fried Chicken Parm over ww pasta Steamed Spinach/Carrots Fresh Grapes 2	Meatloaf, Mashed potatoes w/low sodium gravy Asparagus Tropical Fruit 3	Pork loin, low sodium gravy Sweet Baked Potato Waxed Beans Mandarin Oranges 4				
Shepherds pie Normandy Blend Veggies Whole Wheat Roll in tray Fresh Pear 7	BBQ Chicken Breast Baked Potato Collard Greens Peaches and Cream 8	Lasagna Italian Blend Veggies Carrot Coins Cinnamon Diced Pears 9	1/4 pound Cheeseburger on a WW Bun Warm Beets/Mixed Veggies Tropical Fruit 10	Chefs Salad Hard boiled egg Marinated cucumbers Fig Newtons/Clementine 11				
Columbus Day Program is closed today See you tomorrow! 14	Low Sodium Hot Dog with Meat Sauce on a ww bun Yellow Sweet Corn Cali-blend Veggies Blueberries and Cream 15	Albacore Tuna Salad Plate Country Style Tomatoes Vegetable Mac Salad Clementine Oatmeal Raisin Cookie 16	<u>Happy Birthday to you!!!</u> Roast Turkey over stuffing Mashed w/low sod gravy Green Beans Roll/Sunshine Bar 17	Chili con carne over brown rice Fiesta Blend veggies Steamed Spinach Cinnamon Apples 18				
Sloppy Joe on a ww bun Mixed Veggies Broccoli Florets Granny Smith Apple 21	Lemon Butter Cod over brown rice Aparagus Whole Wheat Roll Chilled Pineapple 22	Chicken Ceasar Salad Three Bean Salad Country Style Tomatoes Fig Newtons 23	Lean Beef with peppers over ww pasta Cauliflower WW Dinner Roll Apricots 24	Shells and Cheese Brussel Sprouts Baby Carrots Mixed Berries and Cream 25				
WW Pasta Bolognese Prince Edward Veggies Whole Wheat Roll Fresh Banana 28	Egg Salad on a classic sub roll Pineapple Coleslaw Marinated Cucumbers Plum Oatmeal Raisin Cookie 29	Pulled Chicken Breast over homemade biscuit with low sodium gravy Peas and Pearl onions Carrot Coins Macintosh Apple 30	<u>Happy Halloween!</u> Witches Stew Yellow Zombie Teeth Mummy Waxed Beans Grave Diggers Dirt Cake 31	<u>Congregate Meal Sites</u> <u>Contact Information</u> Cambridge 518-677-8592 Kingsbury 518-747-9352 Whitehall 518-791-5082				