

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
				Chopped Sirloin w/ Mushrooms Mashed Potatoes Honey Glazed Carrots Melon Cup 1
 Programed Closed 4	Savory Baked Chicken Baked Potato Collard Greens Sliced Peaches Dinner Roll 5	Swedish Meatballs Steamed Brown Rice Fiesta Blend Vegetables Sliced Apples Dinner Roll in Tray 6	Chicken Salad Croissant Lettuce, Tomato & Pickles Veggie Pasta Salad Pineapple Upside-Down cake 7	Homemade Chicken Parmesan Pasta with Sauce Italian Blend Vegetables Rice Pudding Garlic Roll 8
Salisbury Steak w/ Low Sodium Gravy Mashed Sweet Potatoes Steamed Corn Mandarin Oranges 11	Honey Glazed Chicken Almond Butter Cous Cous Waxed Beans Pineapple & Cherries 12	Meat Lasagna Mixed Green Salad Steamed Cauliflower Fresh Fruit Garlic Roll 13	Lemon Herb Scrod Wild Rice Medley Sliced Carrots Fresh Orange 14	Bacon & Cheese Quiche Buttered Green Beans Steamed Beets Fruit Cocktail 15
Sloppy Joe French Fries Collard Greens Tropical Fruit Hamburger Bun 18	Chicken Cacciatore over Penne Green Salad Steamed Broccoli Fig Newtons Whole Wheat Dinner Roll 19	Shells & Cheese Stewed Tomatoes Brussel Sprouts Chocolate Chip Cookie 20	Roast Pork w/ Low Sodium Gravy Steamed Peas Mashed Potatoes Applesauce 21	Ham & Cheese Croissant Veggie Mac Salad Tossed Green Salad Fresh Banana 22
Battered Fish Filet Au Gratin Potatoes Mixed Vegetables Apricots 25	Chicken Teriyaki Salad Mixed Greens Snap Pea Salad Mandarin Oranges Dinner Roll 26	Chili Cheese Stuffed Potato Steamed Broccoli Dinner Roll Birthday Cake **Happy Birthday** 27	French Toast Casserole Breakfast Sausage Home fries Tropical Fruit Yogurt 28	Shepherd's Pie <i>made with low sodium gravy</i> Mashed Potatoes & Corn Green Beans Blueberry Shortcake 29

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.

Salem Site 854-7294
Cambridge Site 677-8592
Hudson Falls Site 747-9352
Whitehall Site 499-2482

FOR THE SAFETY OF OUR DRIVERS
PLEASE RESTRAIN YOUR DOG !



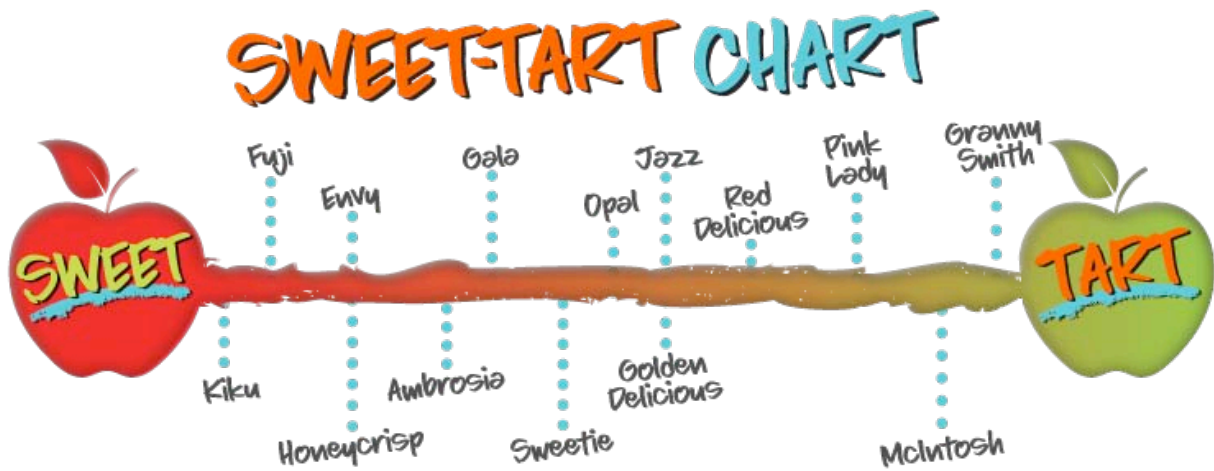
COMPARING APPLES TO APPLES

Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing cancer, hypertension, diabetes, and heart disease.

September is apple season in New York!

New York apples are grown nearby, so they get to you faster and fresher. Buy local, support your area farmers and enjoy a crisper, tastier, more nutritious and delicious apple!! Do not forget the farmer's market coupons are good through November!!

Some apples are better suited for eating raw because of their texture and flavor, others are better for pies and baking because they hold their shape when cooked, and others have the texture and flavor for better applesauce.



What apple to choose!??

