

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 3-4 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
 Programed Closed 2	Salisbury Steak w/ Low Sodium Gravy Mashed Sweet Potatoes Steamed Broccoli Fruit Cocktail 3	Chicken & Gravy Honey Glazed Carrots Steamed Spinach Sliced Peaches Homemade Biscuit 4	Ham & Swiss Croissant Shirley's Potato Salad Marinated Cucumbers Fresh Banana 5	Spaghetti Bolognese Mixed Green Salad Italian Blend Vegetables Fresh Fruit Garlic Dinner Roll 6
Stuffed Shells Mixed Green Salad Italian Green Beans Fresh Fruit Whole Wheat Dinner Roll 9	Honey Glazed Chicken over Brown Rice Oriental Blend Vegetables Steamed Spinach Sliced Pears 10	Beef & Peppers with Low Sodium Gravy Buttered Egg Noodles Peas & Pearl Onions Cinnamon Applesauce Whole Wheat Dinner Roll 11	Shells & Cheese Baby Carrots Brussel Sprouts Tropical Fruit 12	Roast Beef Sub Lettuce, Tomato & Onion Pineapple Coleslaw Fresh Fruit Salad Club Roll 13
Breaded Fish w/ Lemon Rice Pilaf Snap Peas Pineapple & Cherries 16	Chicken Parmesan over Penne Mixed Green Salad Italian Blend Rice Pudding Garlic Dinner Roll 17	Beef Stew made with LS Gravy Steamed Carrots Fruit Cocktail Homemade Biscuit 18	Curried Chicken Salad Macaroni Salad Cucumber Salad Birthday Cake **Happy Birthday** 19	Low Sodium Hot Dog w/ Meat <i>Buttered Corn</i> California Blend Vegetables Fresh Fruit Whole Wheat Hot Dog Bun 20
Tuscan Chicken over Penne Baby Carrots Mixed Green Salad Fresh Fruit Garlic Dinner Roll 23	Turkey Meatloaf w/ Low Sodium Gravy Oven Browned Potatoes Steamed Asparagus Peanut Butter Cookie 24	Shepherd's Pie w/ Low Sodium Gravy <i>Mashed Potatoes & Corn</i> Steamed Spinach Mandarin Oranges 25	Stuffed Fish Brown Rice Pilaf Winter Squash Pineapple Chunks 26	American Goulash Steamed Cauliflower Green Beans Fresh Fruit 27
Chopped Sirloin Mashed Potatoes Steamed Broccoli Fruit Festival 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



It is finally FALL....ahhhhh

With fall comes so many wonderful things...cooler temperatures, beautiful foliage, Halloween costumes and of course some of my favorite flavors.

Pumpkin being one of the most popular...

I love pumpkin! Pumpkin pie, pumpkin muffins, pumpkin bread and of course pumpkin flavored coffee drinks!!

Let's talk about Starbucks for a minute.

I will let you all in on a little secret of mine, I LOVE Starbucks!

They have a delicious, creamy, pumpkin spice latte that is truly one of my favorite fall indulgences, but when I found out just how many calories one of those beverages were costing me I knew if I was going to enjoy the flavors of fall I was going to have to be more careful!

I am certainly not picking on Starbucks, as I stated before I am a fan of Starbucks! Dunkin, McDonald's, and Cumberland farms for example all have similar beverages with just as much, if not more calories, Starbucks is just being used as an example and teaching tool for this nutrition education.

So back to this sinful Pumpkin Spice Latte which has 380 calories in what they call a Grande. A Grande is 16 ounces!!!

When I first found that out I thought, 380 calories!!!??? How could I change this?

How about if I asked them to make mine with skim milk, that could save me around 50-60 calories?! And what about the whipped cream, I would not really miss that, that could save me 60 or 70 calories right there!?

With those two changes I could potentially cut down the calories to 250!! Better....

You can also request less pumps of syrup and what I do is only grab this indulgent fall favorite once a month, for September, October and November!

There are other tricks you can do to cut back on calories this fall season and still enjoy all the flavors.

Please join me around the county this September to discuss the calories we drink!? Surprising right? We need to make the calories we take in nutrient rich NOT calorie dense. If you choose to join me you will learn ways to flavor beverages that will not cost you so many calories this season. I will be at the following locations during these times:

Whitehall meal site to be determined, please call Hellin at (518)499-2482 for up to date information

Cynthia Meadows September 3rd, lunch is served at noon, discussion will begin shortly before Cambridge Square September 5th, lunch is served at noon, discussion will begin shortly before Fort Ann September 10th, lunch is served at noon, discussion will begin shortly before Mountainview Commons Granville September 26th, lunch is served at noon, discussion will begin shortly before

There may be an additional location and time added for the Granville area, for more information contact Elizabeth Humiston at Washington County office for the Aging, she will be able to give you an up to date list of the pop up events around the county!

As always, if you or someone you know and love would like more information about this topic or have nutrition related concerns, contact Washington County Office for the Aging at (518) 746-2420 and ask to speak to me, Kristin Stewart, your Registered Dietitian/Nutritionist!! See you soon around the County!!