

<p>WASHINGTON COUNTY NUTRITION PROGRAM MAY 2024 MENU IS SUBJECT TO CHANGE***** WITHOUT NOTICE</p>	<p><i>Meals must be eaten on the Day of delivery!! Should you need to reheat the meals microwave for 2-3 minutes OR place in a 350 degree oven for no longer than 10 minutes in an oven safe container.</i></p>	<p>MEAL CONSISTS OF: Protein-3 oz minimum Vegetables-1/2 - 1 cup Fruit-1 cup Starch-1/2 cup 100% Whole Wheat Bread, butter, 1% milk served daily When gravy is provided, low sodium is always used</p>	<p>Need to cancel or restart your meals? Call(518)746-2357 <i>For the safety of our Drivers please restrain your dog!!! Have questions/concerns? Call (518)746-2286</i></p>	<p>Suggested Contribution is \$3.00 per meal. Visitors and guests under 60 yrs of age, \$5.00 per meal. The Nutrition Program is funded by participants' contributions, Washington Cty Board of Supervisors and NYS Office for the Aging.</p>
<p>MONDAY</p>	<p>TUESDAY</p>	<p>WEDNESDAY</p>	<p>THURSDAY</p>	<p>FRIDAY</p>
<p>MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)791-5082</p>	<p>ALLERGEN INFORMATION FOR MENU ITEMS IS AVAILABLE. ASK AN EMPLOYEE FOR DETAILS. Please note: Our program is more liberal with meals on holidays and birthdays as is the position of the AND to improve quality of life.</p>	<p>STUFFED SHELLS W/LEAN MEAT SAUCE ITALIAN BLEND VEGGIES SUGAR SNAP PEAS MANDARIN ORANGES 🍊 1</p>	<p>LEMON BUTTER SCROD WILD BROWN RICE BROCCOLI FLORETS OATMEAL RAISIN COOKIE PINEAPPLE AND CHERRY 🍓 2</p>	<p>CHEFS SALAD W/TURKEY, SWISS AND EGG OVER FRESH GREENS COUNTRY STYLE TOMATOES WW DINNER ROLL FIG NEWTONS 3</p>
<p>BARBECUE CHICKEN BREAST FRESH MASHED SWEET POTATOES STEAMED SPINACH MACINTOSH APPLE 🍏 6</p>	<p>VEAL W/PEPPERS OVER WW PASTA ITALIAN BLEND VEGGIES WW DINNER ROLL IN TRAY FRESH GRAPES 🍇 7</p>	<p>HAPPY BIRTHDAY TO YOU!!!! VEGETARIAN LASAGNA BROCCOLI FLORETS WW DINNER ROLL IN TRAY LEMON CAKE 🍰 8</p>	<p>BEEF STEW W/LS GRAVY GREEN PEAS WW DINNER ROLL N TRAY APRICOTS 9</p>	<p>TURKEY AND CHEESE ON A CLASSIC SUBMARINE ROLL HOMEMADE COLESLAW MARINATED CUCUMBERS FRUITED JELLO 10</p>
<p>HAPPY MOTHER'S DAY ITALIAN CHICKEN CACCIATORE OVER WW PASTA CAULIFLOWER/CARROTS PEACH CRISP 13</p>	<p>PORK CHOP SUPREME BAKED POTATO BROCCOLI FLORETS CINNAMON SLICED APPLES 🍏 14</p>	<p>SALISBURY STEAK W/LS GRAVY MASHED POTATOES RUTABAGA BLUEBERRIES AND CREAM 15</p>	<p>SENIOR CITIZENS LUNCHEON DAY 😊 CHICKEN BREAST OVER STUFFING W/ LS GRAVY RICE PILAF MIXED VEGETABLES WW DINNER ROLL/CHEESECAKE 16</p>	<p>TUNA SALAD ON ROMAINE COUNTRY STYLE TOMATOES MIDDLE EASTERN QUINOA SALAD MELON CUP 17</p>
<p>BROCCOLI AND CHEESE QUICHE WARM BEETS YELLOW SWEET CORN FRUIT FLUFF-CHEFS CHOICE 20</p>	<p>ITALIAN BOLOGNESE OVER WW SPAGHETTI BUTTERED PEAS WW DINNER ROLL IN TRAY DICED PEACHES 21</p>	<p>GARLIC LEMON CHICKEN W/LS GRAVY FRESH SWEET MASHED POTATOES FIESTA BLEND VEGGIES FRESH BANANA 🍌 22</p>	<p>MEATLOAF W/LS ONION GRAVY OVEN BROWN POTATOES CALIFORNIA BLEND VEGGIES CHILLED PINEAPPLE 🍍 23</p>	<p>CHICKEN CEASAR SALAD THREE BEAN SALAD COUNTRY STYLE CUCUMBERS WW DINNER ROLL FIG NEWTONS 24</p>
<p>PROGRAM CLOSED TODAY 27</p>	<p>HAPPY MEMORIAL DAY CHEESEBURGER ON A WW BUN MIXED VEGETABLES CAULIFLOWER RASPBERRY GRUNCH 28</p>	<p>OVEN FRIED CHICKEN PARMESAN OVER WW SPAGHETTI GREEN PEAS WW DINNER ROLL IN TRAY BERRIES AND CREAM 29</p>	<p>MACARONI AND CHEESE BABY CARROTS STEAMED SPINACH APRICOTS 30</p>	<p>EGG SALAD OVER BABY SPINACH POTATO SALAD COUNTRY STYLE TOMATOES APPLESAUCE JELLO 31</p>