

WASHINGTON COUNTY NUTRITION PROGRAM APRIL 2024 MENU IS SUBJECT TO CHANGE***** WITHOUT NOTICE	<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>	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	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>	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.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEFS DAY OFF 🥳 JUST KIDDING, APRIL FOOLS! CHEFS CHOICE DAY! 1	WHITE BREADED FISH ON A BUN BROCCOLI FLORETS YELLOW SWEET CORN PINEAPPLE AND CHERRIES 🍓 2	CHICKEN SALAD ON A BED OF ROMAINE/BEETS MIDDLE EASTERN QUINOA SALAD APRICOTS 3	SPRING LUNCHEON MENU ENJOY :) 4	BEEF STROGANOFF ON WW PASTA ITALIAN BLEND VEGETABLES CARROT COINS CINNAMON APPLE SLICES 5
BEEF STEW NORMANDY BLEND VEGETABLES WW DINNER ROLL IN TRAY CLEMENTINE OATMEAL COOKIE 🍪 8	ITALIAN BAKED ZITI WITH LEAN GROUND BEEF AND WW PASTA MIXED VEGETABLES WW DINNER ROLL FRESH GRANNY SMITH APPLE 9	LIGHTLY BREADED POLLOCK OVER WHOLE GRAIN MIX BROCCOLI FLORETS BABY CARROTS FRUIT FLUFF 10	CHEFS SALAD W/EGG, TURKEY AND SWISS ON FRESH GREENS CUCUMBER/TOMATO SALAD FIG NEWTON COOKIES 🍪 11	VEGETABLE LASAGNA STEAMED SPINACH WW DINNER ROLL IN TRAY YOGURT MIXED BERRIES 🍓 12
THREE CHEESE QUICHE GREEN PEAS WW DINNER ROLL IN TRAY FRESH PEAR 🍏 15	CHEESEBURGER ON A WW BUN WARM BEETS MIXED VEGETABLES APRICOTS 16	HAPPY APRIL BIRTHDAYS! 🎂 ROAST BEEF W/LS ONION GRAVY BAKED POTATO ASPARAGUS BIRTHDAY SURPRISE! 🎁 17	SWEET AND SOUR PORK OVER BROWN RICE SUGAR SNAP PEAS WW DINNER ROLL IN TRAY FRUITED GELATIN 18	CHICKEN CEASAR SALAD W/ FRESH GREENS VEGGIE MAC SALAD 3 BEAN SALAD FIG NEWTON COOKIES 19
EARTH DAY 🌍 OVEN FRIED CHICKEN PARMESAN OVER WW PASTA BROCCOLI FLORETS WW DINNER ROLL IN TRAY FRESH DELICIOUS APPLE 🍏 22	MACARONI AND CHEESE CARROT COINS PEAS AND PEARL ONIONS CHILLED PINEAPPLE 🍍 23	ALBACORE TUNA ON A BED OF BABY SPINACH LEAVES POTATO SALAD/COLESLAW CROISSANT BERRIES AND CREAM 24	ASIAN CHICKEN WITH BROCCOLI OVER BROWN RICE ASIAN MEDLEY VEGETABLES WW DINNER ROLL IN TRAY MANDARIN ORANGES 25	PORK CHOP SUPREME FRESH SWEET MASHED POTATO CAULIFLOWER CINNAMON APPLESAUCE 26
ROSEMARY CHICKEN W/LS GRAVY OVER WW PASTA SOUTHERN COLLARD GREENS WW DINNER ROLL IN TRAY FRESH BANANA 🍌 29	BAKED HAM W/RAISIN SAUCE FRESH CUBED SWEET POTATO FRENCH STYLE GREEN BEAN ALMONDINE TROPICAL FRUIT 🍌 30	ALLERGEN INFORMATION FOR MENU ITEMS IS AVAILABLE. ASK AN EMPLOYEE FOR DETAILS.	MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)791-5082	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.