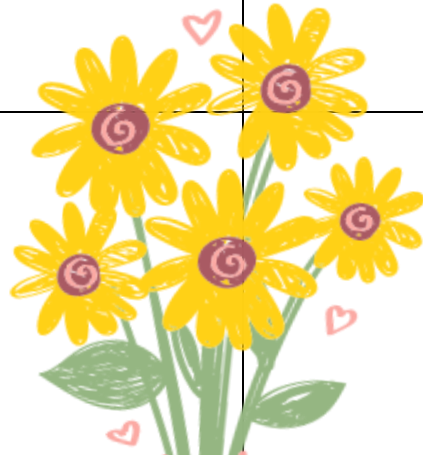



FEBRUARY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Turkey Burger w/ Peppers & Onions Cowboy Baked Beans Zucchini & Squash Wheat Dinner Roll Birthday Cake</p>	<p>2 Stuffed Chicken w/ Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Tropical Fruit</p>	<p>3 Hamburger Cabbage Casserole Diced Beets Warm Spiced Apples Whole Wheat Bread Pudding</p>	<p>4 Macaroni & Cheese Stewed Tomatoes Spinach Whole Wheat Bread Orange</p>
<p>7 Sloppy Joe Wax Beans Brussels Sprouts Wheat Burger Bun Fruit Cocktail</p>	<p>8 BBQ Ribs Mashed Sweet Potato Warm Spinach Salad Corn Bread Peaches</p>	<p>9 Beef Stew Spinach Wheat Dinner Roll Apricots</p>	<p>10 Cheese Omelet w/ Peppers, Onions, Potatoes & Sausage Muffin Fruited Yogurt Parfait</p>	<p>11 Italian Sausage w/ Peppers & Onions Tater Tots Carrots Hot Dog Roll Apple</p>
<p>14 VALENTINE'S DAY SPECIAL Lemon Chicken Orzo Soup Corn Warm Spinach Salad Crackers Pineapple Strawberry Upside Down Cake</p>	<p>15 Oven Baked Chicken Au Gratin Potatoes Zucchini & Squash Wheat Dinner Roll Apricots</p>	<p>16 Baked Ziti w/ Meat Sauce Italian Green Beans Tossed Salad w/ Italian Dressing Whole Wheat Bread Warm Cinnamon Peaches</p>	<p>17 Seafood Newburg Over Brown Rice Blended Vegetables & White Beans Wheat Dinner Roll Clementine</p>	<p>18 Winter Squash Soup w/ Turkey & Swiss Sandwich on Whole Wheat Bread Mayonnaise & Mustard Mixed Vegetables Warm Apple Crisp</p>



FEBRUARY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 President's Day OFA CLOSED	22 Breaded Fish w/ Tartar Sauce Parsley Red Potatoes Harvard Beets Whole Wheat Bread Tropical Fruit	23 Chicken Tetrazzini Over Pasta Italian Blend Vegetables Wheat Dinner Roll Banana	24 Loaded Baked Potato California Blend Vegetables Whole Wheat Bread Fruited Gelatin	25 Chicken Nuggets Broccoli Rice Au Gratin Blended Vegetables Wheat Dinner Roll Fruit Cocktail
28 Chili w/ Beans Brown Rice Carrots Corn Bread Peaches				

Please make checks payable to:
 Montgomery County Office for Aging, Inc.
 135 Guy Park Ave., Amsterdam, NY 12010
 Phone #: 518-673-2000, 518-673-2001 or 518-843-2300
CALL BEFORE 9AM WITH CANCELATIONS

Suggested contributions:
 Home-delivered meal \$3.00
 Congregate meal \$3.00
 Guests under 60 \$9.51
 Supper bags \$2.75

Menu may be subject to change without notice 8 oz. of 1% milk served daily Margarine served with bread

NO SUBSTITUTIONS FOR FOOD ALLERGIES