





# JANUARY 2022 MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>3</b>                      Swedish Meatballs                      Over Noodles                      Carrots                      Whole Wheat Bread                      Apple</p>	<p><b>4</b>                      Oven Baked Chicken                      Au Gratin Potatoes                      Zucchini &amp; Squash                      Wheat Dinner Roll                      Apricots</p>	<p><b>5</b>                      Baked Ziti                      w/ Meat Sauce                      Italian Green Beans                      Cinnamon Peaches                      Tossed Salad                      w/ Italian Dressing                      Whole Wheat Bread</p>	<p><b>6</b>                      Seafood Newburg                      Over Brown Rice                      Blended Vegetables                      Wheat Dinner Roll                      Clementine</p>	<p><b>7</b>                      Turkey &amp; Swiss                      Sandwich on                      Whole Wheat Bread                      Winter Squash Soup                      Mixed Vegetables                      Warm Apple Crisp</p>
<p><b>10</b>                      Breaded Fish                      w/ Tartar Sauce                      Parsley Red Potatoes                      Harvard Beets                      Whole Wheat Bread                      Tropical Fruit</p>	<p><b>11</b>                      Split Pea &amp; Ham Soup                      1/2 Cold Cheese                      Sandwich on                      Whole Wheat Bread                      Cauliflower w/                      Red Peppers                      Spiced Apples</p>	<p><b>12</b>                      Loaded Baked Potato                      California Blend                      Vegetables                      Corn Bread                      Fruit Cocktail</p>	<p><b>13</b>                      Chicken Tetrazzini                      Italian Blend                      Vegetables                      Wheat Dinner Roll                      Fruited Gelatin</p>	<p><b>14</b>                      Chicken Nuggets                      Broccoli Rice Au Gratin                      Blended Vegetables                      Wheat Dinner Roll                      Fruit Cocktail</p>
<p><b>17</b>                      Martin Luther                      King Jr. Day                      OFA CLOSED</p> 	<p><b>18</b>                      Chili w/ Beans                      Brown Rice                      Carrots                      Corn Muffin                      Banana Cake</p>	<p><b>19</b>                      Stuffed Pepper Soup                      Wax Beans                      Wheat Dinner Roll                      Orange</p>	<p><b>20</b>                      Honey-Balsamic                      Chicken                      Mashed Potatoes                      Carrots                      Whole Wheat Bread                      Ambrosia</p>	<p><b>21</b>                      Tuna Noodle Casserole                      w/ Peas &amp; Mushrooms                      Green Beans                      Whole Wheat Bread                      Peaches                      w/ Whipped Topping</p>

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<p>24</p> <p>Spanish Rice Broccoli &amp; Cauliflower Whole Wheat Bread Apricots</p>	<p>25</p> <p>Roasted Pork w/ Gravy Mashed Sweet Potatoes Brussels Sprouts Whole Wheat Bread Birthday Cake</p>	<p>26</p> <p>Chicken Parmesan Pasta w/ Sauce Italian Green Beans Tossed Salad w/ Italian Dressing Whole Wheat Bread Fresh Fruit Cup</p>	<p>27</p> <p>Salisbury Steak w/ Mushroom Gravy Garlic Mashed Potatoes Cabbage and Carrots Whole Wheat Bread Fruit Cocktail</p>	<p>28</p> <p>Cream of Tomato Soup Egg Salad Blended Vegetables Wheat Dinner Roll Cookie</p>
<p>31</p> <p>Beefy Minestrone Soup Parmesan Cheese Wax Beans Strawberry Shortcake</p>				<p>31</p> <p>Beefy Minestrone Soup Parmesan Cheese Wax Beans Strawberry Shortcake</p>

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**