


JUNE 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Spaghetti & Meat Sauce California Blend Vegetables Italian Bread Fruit Crisp</p>	<p>2 Chicken Ala King Warm Spinach Salad Corn Dinner Roll Fresh Fruit</p>	<p>3 Seafood Salad Beet Salad Cucumber Tomato Salad Hamburger Bun Tropical Fruit</p>
		<p>6 Turkey Burger w/ Peppers & Onions Potato Wedges Green Beans Hamburger Bun Apples & Raisins</p>	<p>7 Chicken Riggies Steamed Broccoli Tossed Salad w/ Dressing Whole Wheat Bread Warm Cinnamon Applesauce</p>	<p>8 Meatloaf Potatoes Au Gratin Carrots Dinner Roll Pears</p>
<p>13 Sausage w/ Peppers & Onions Herb Potatoes Beets Hot Dog Roll Apples & Raisins</p>	<p>14 Lasagna Italian Blend Vegetables Whole Wheat Bread Peaches</p>	<p>15 Tuscan Chicken Over Pasta Blended Vegetables Whole Wheat Bread Tropical Fruit</p>	<p>16 <i>Father's Day Special</i> Cheeseburger On a Bun Baked Beans Warm Corn Relish Fruit Crisp</p> 	<p>17 1/2 of a Low-Salt Ham Salad Sandwich Whole Wheat Bread Carrot Raisin Salad Cucumber Dill Salad Fruit Cocktail Cookie</p>



JUNE 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Sloppy Joe Roasted Red Potatoes Brussel Sprouts Burger Bun Tropical Fruit	21 Sausage & Gravy Biscuit Home fries w/ Peppers & Onions Fresh Fruit Cup	22 Macaroni & Cheese Stewed Tomatoes Broccoli Corn Bread Fresh Fruit	23 Barbeque Ribs Mashed Sweet Potato Green Beans Whole Wheat Bread Apple-Peach Crisp	24 Cranberry Chicken Salad Chickpea Salad Dinner Roll Pineapple Tidbits Shortbread Cookie
27 Eggplant Parmesan w/ Penne Vegetable Blend Mandarin Oranges	28 Sweet & Sour Meatballs Brown Rice Peas Hamburger Bun Apples & Raisins	29 Oven-Fried Chicken Thigh Cowboy Beans Mixed Vegetables Dinner Roll Pears	30 Pork Loin w/ Gravy Wild Rice Steamed Spinach Cinnamon Applesauce Shortbread Cookie	

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

Suggested contributions:
 Home-delivered meal \$3.00
 Congregate meal \$3.00
 Guests under 60 \$9.89
 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