

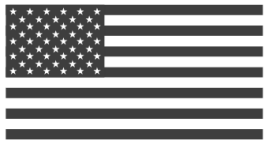




# May 2022 MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>2</b> Sausage w/ Peppers &amp; Onions Mustard Herb Potatoes Beets Hot Dog Roll Apples &amp; Raisins</p>	<p><b>3</b> Lasagna Roll Up &amp; Meatballs Italian Blend Vegetables Whole Wheat Bread Peaches</p>	<p><b>4</b> Seafood Newburg over Brown Rice Blended Vegetables Whole Wheat Bread Tropical Fruit</p>	<p><b>5</b> Broccoli-Mushroom Cheddar Egg Bake Stewed Tomatoes Potato Wedges Bran Muffin Orange Juice</p>	<p><b>6</b> <b>MOTHER'S DAY SPECIAL</b> Eggplant Parmesan w/ Penne Vegetable Blend Strawberry Shortcake</p> 
<p><b>9</b> Sloppy Joe Roasted Red Potatoes Brussels Sprouts Burger Bun Tropical Fruit</p>	<p><b>10</b> Sausage &amp; Gravy Biscuit Home fries w/ Peppers &amp; Onions Peaches</p>	<p><b>11</b> Macaroni &amp; Cheese Stewed Tomatoes Broccoli Corn Bread Fresh Fruit</p>	<p><b>12</b> BBQ Ribs Mashed Sweet Potatoes Green Beans Whole Wheat Bread Apple Peach Crisp</p>	<p><b>13</b> Cranberry Chicken Salad Chickpea Salad Whole Wheat Dinner Roll Pineapple Tidbits Shortbread Cookie</p>
<p><b>16</b> Breaded Fish Tartar Sauce Garden Rice Pilaf Tomatoes &amp; Zucchini Whole Wheat Hamburger Bun Mandarin Oranges</p>	<p><b>17</b> Sweet &amp; Sour Meatballs Brown Rice Peas Whole Wheat Hamburger Bun Apples &amp; Raisins</p> 	<p><b>18</b> Oven-Fried Chicken Thigh Cowboy Beans Mixed Vegetables Whole Wheat Dinner Roll Pears</p>	<p><b>19</b> Pork Loin w/ Gravy Wild Rice Steamed Spinach Cinnamon Applesauce Shortbread Cookie</p>	<p><b>20</b> Turkey &amp; Swiss Sandwich w/ Lettuce on Whole Wheat Bread Mayo &amp; Mustard Coleslaw Sliced Peaches w/ Whipped Topping</p>

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<p><b>23</b> Spanish Rice Broccoli &amp; Cauliflower Blend Italian Bread Fruit Crisp</p>	<p><b>24</b> Scalloped Potatoes &amp; Ham Casserole Parsley Buttered Carrots Green Beans Dinner Roll Fruit Cocktail</p>	<p><b>25</b> Chicken Stir Fry White Rice Oriental Vegetables Whole Wheat Dinner Roll Mandarin Oranges</p>	<p><b>26</b> Salisbury Steak w/ Mushroom Gravy Sweet Potato Wedges Brussels Sprouts Whole Wheat Bread Sliced Pears</p>	<p><b>27</b> Tuna Macaroni Salad over Lettuce Moroccan Carrot Salad Corn Relish Dinner Roll Peaches</p>
<p><b>30</b> OFA CLOSED MEMORIAL DAY</p>  <p>★ HONORING ALL WHO SERVED ★</p>	<p><b>31</b> Roasted Turkey w/ Gravy Mashed Potatoes Blended Vegetables Whole Wheat Bread Fruit Cocktail</p>	 <p><b>HAPPY MOTHER'S DAY!</b></p>		

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**