





JULY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 Greek Pasta Salad over Mixed Greens w/ Grilled Chicken Chickpea Salad Beets Firecracker Cake</p>
<p>4 OFA CLOSED 4th of July</p>	<p>5 Goulash Green Beans Dinner Roll Apricots</p>	<p>6 Chicken Stir Fry White Rice Oriental Vegetables Dinner Roll Mandarin Oranges</p>	<p>7 Salisbury Steak w/ Mushroom Gravy Sweet Potato Wedges Brussels Sprouts Whole Wheat Bread Sliced Pears</p>	<p>8 Tuna Macaroni Salad Over Lettuce Moroccan Carrot Salad Corn Relish Dinner Roll Peaches</p>
<p>11 Tuscan Chicken over Penne California Blend Vegetables Italian Bread Fruit Crisp</p>	<p>12 Roasted Turkey w/ Gravy Mashed Potato Vegetable Blend Whole Wheat Bread Fruit Cocktail</p>	<p>13 Scalloped Potatoes & Ham Casserole Parsley Buttered Carrots Green Beans Dinner Roll Fruit Cocktail</p>	<p>14 Chicken Ala King w/ Rice Warm Spinach Salad Corn Fresh Fruit</p>	<p>15 Seafood Salad Beet Salad Cucumber Tomato Salad Hamburger Bun Tropical Fruit</p>



JULY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18 Turkey Burger w/ Peppers & Onions Potato Wedges Green Beans Hamburger Bun Apples & Raisins</p>	<p>19 Meatloaf Potatoes Au Gratin Carrots Dinner Roll Pears</p>	<p>20 Chicken Riggies Steamed Broccoli Warm Cinnamon Applesauce Tossed Salad w/ Dressing Whole Wheat Bread</p>	<p>21 Broccoli-Mushroom Cheddar Egg Bake Stewed Tomatoes Potato Wedges Bran Muffin Orange Juice</p>	<p>22 Chef Salad w/ Turkey, Egg & Cheese Thousand Island Dressing Potato Salad 4-Bean Salad Roll Fresh Fruit</p>
<p>25 Sausage w/ Peppers & Onions Herb Potatoes Beets Hot Dog Roll Apples & Raisins</p>	<p>26 Lasagna Roll Up Meatballs Italian Blend Vegetables Whole Wheat Bread Peaches</p>	<p>27 Seafood Newburg over Brown Rice Vegetable Blend Whole Wheat Bread Tropical Fruit</p>	<p>28 Stuffed Chicken w/ Gravy Sweet & Sour Red Cabbage Mixed Vegetables Whole Wheat Bread Apricots</p>	<p>29 1/2 Low-Salt Ham Salad Sandwich Whole Wheat Bread Carrot Raisin Salad Cucumber Dill Salad Fruit Cocktail Cookie</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