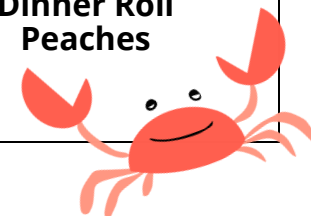
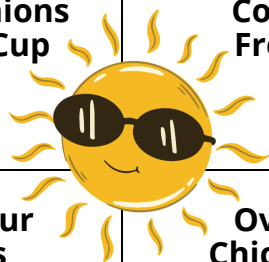


# AUGUST 2022 MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>1</b> Sloppy Joe Roasted Potatoes Brussels Sprouts Hamburger Bun Tropical Fruit</p>	<p><b>2</b> Sausage &amp; Gravy Biscuit Home fries w/ Peppers &amp; Onions Fresh Fruit Cup</p>	<p><b>3</b> Macaroni &amp; Cheese Stewed Tomatoes Broccoli Corn Bread Fresh Fruit</p>	<p><b>4</b> Barbeque Ribs Mashed Sweet Potatoes Green Beans Whole Wheat Bread Apple-Peach Crisp</p>	<p><b>5</b> Cranberry Chicken Salad Chickpea Salad Dinner Roll Pineapple Tidbits Shortbread Cookie</p>
<p><b>8</b> Breaded Fish w/ Tartar Sauce Garden Rice Pilaf Tomatoes &amp; Zucchini Hamburger Bun Mandarin Oranges</p>	<p><b>9</b> Sweet &amp; Sour Meatballs Brown Rice Peas Whole Wheat Bread Apricots</p>	<p><b>10</b> Oven-Fried Chicken Thigh Cowboy Beans Mixed Vegetables Dinner Roll Pears</p>	<p><b>11</b> Pork Loin w/ Hawaiian Sauce Wild Rice Steamed Spinach Cinnamon Applesauce Shortbread Cookie</p>	<p><b>12</b> Greek Pasta Salad over Salad Greens w/ Grilled Chicken Beets Chickpea Salad Fresh Fruit Cup</p>
<p><b>15</b> Spanish Rice Broccoli &amp; Cauliflower Italian Bread Fruit Crisp</p>	<p><b>16</b> Ham &amp; Potato Casserole Parsley Buttered Carrots Green Beans Dinner Roll Fruit Cocktail</p>	<p><b>17</b> Chicken Stir Fry White Rice Oriental Vegetables Dinner Roll Mandarin Oranges</p>	<p><b>18</b> Salisbury Steak w/ Mushroom Gravy Sweet Potato Wedges Brussels Sprouts Whole Wheat Bread Sliced Pears</p>	<p><b>19</b> Tuna Macaroni Salad on Lettuce Leaf Moroccan Carrot Salad Corn Relish Dinner Roll Peaches</p>





# AUGUST 2022 MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>22</b>                      Tuscan Chicken over Penne                      California Blend Vegetables                      Italian Bread                      Fruit Crisp</p>	<p><b>23</b>                      Roasted Turkey w/ Gravy                      Mashed Potatoes                      Vegetable Blend                      Whole Wheat Bread                      Fruit Cocktail</p>	<p><b>24</b>                      Goulash                      Green Beans                      Dinner Roll                      Apricots</p>	<p><b>25</b>                      Chicken Ala King Over Rice                      Warm Spinach Salad                      Corn                      Fresh Fruit</p>	<p><b>26</b>                      Seafood Salad                      Beet Salad                      Cucumber &amp; Tomato Salad                      Hamburger Bun                      Tropical Fruit</p>
<p><b>29</b>                      Turkey Burger w/ Peppers &amp; Onions                      Potato Wedges                      Green Beans                      Hamburger Bun                      Apples &amp; Raisins</p>	<p><b>30</b>                      Meatloaf                      Potatoes Au Gratin                      Carrots                      Dinner Roll                      Pears</p>	<p><b>31</b>                      Chicken Riggies                      Steamed Broccoli                      Tossed Salad w/ Dressing                      Whole Wheat Bread                      Warm Cinnamon Applesauce</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**