
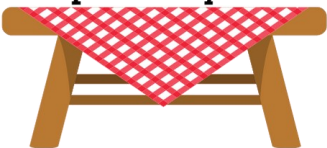


SEPTEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Broccoli-Mushroom Cheddar Egg Bake Stewed Tomatoes Potato Wedges Bran Muffin Orange Juice</p>	<p>2 Chef Salad w/ Thousand Island Dressing Potato Salad 4-Bean Salad Roll Fresh Fruit</p>
<p>5 OFA CLOSED HAPPY ★★ ★ LABOR ★ ★ ★ DAY</p>	<p>6 Lasagna Roll Up Meatballs Italian Blend Vegetables Whole Wheat Bread Peaches</p>	<p>7 Seafood Newburg over Brown Rice Vegetable Blend Whole Wheat Bread Tropical Fruit</p>	<p>8 Stuffed Chicken w/ Gravy Sweet & Sour Red Cabbage Mixed Vegetables Whole Wheat Bread Mandarin Oranges</p>	<p>9 1/2 Low-Salt Ham Salad Sandwich on Whole Wheat Bread Carrot Raisin Salad Cucumber Dill Salad Fruit Cocktail Cookie</p>
<p>12 Sloppy Joe Roasted Red Potatoes Brussels Sprouts Hamburger Bun Tropical Fruit</p>	<p>13 Sausage & Gravy over a Biscuit Home fries w/ Peppers & Onions Warm Cinnamon Applesauce</p>	<p>14 Macaroni & Cheese Stewed Tomatoes Broccoli Corn Bread Fresh Fruit</p>	<p>15 Barbeque Ribs Mashed Sweet Potatoes Green Beans Whole Wheat Bread Apple-Peach Crisp</p>	<p>16 Cranberry Chicken Salad Chickpea Salad Pineapple Tidbits Dinner Roll Shortbread Cookie</p>



SEPTEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Breaded Fish w/ Tartar Sauce Rice Pilaf Tomatoes & Zucchini Hamburger Bun Mandarin Oranges	20 Sweet & Sour Meatballs Brown Rice Peas Whole Wheat Bread Peaches	21 Oven-Fried Chicken Thigh Cowboy Beans Mixed Vegetables Dinner Roll Pears	22 Pork Loin w/ Hawaiian Sauce Wild Rice Steamed Spinach Cinnamon Applesauce Shortbread Cookie	23 OFA CLOSED Annual Senior Picnic We hope to see you there! 
26 Spanish Rice Broccoli & Cauliflower Blend Italian Bread Fruit Crisp	27 Scalloped Potatoes & Ham Casserole Parsley Buttered Carrots Green Beans Dinner Roll Fruit Cocktail	28 Chicken Stir Fry White Rice Oriental Vegetables Dinner Roll Mandarin Oranges	29 Salisbury Steak Mushroom Gravy Sweet Potato Wedges Brussels Sprouts Whole Wheat Bread Sliced Pears	30 Tuna Macaroni Salad on Lettuce Leaf Carrot Raisin Salad Corn Relish Dinner Roll Peaches

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