


DECEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Herbed Chicken Baked Potato Vegetable Blend Wheat Dinner Roll Apples & Raisins</p>	<p>2 Beef Stew Spinach Corn Wheat Dinner Roll Mandarin Oranges</p>
<p>5 Broccoli-Mushroom Cheddar Egg Bake Tater Tots California Blend Vegetables Muffin Apple</p>	<p>6 Ham w/ Pineapple Sauce Mashed Sweet Potato Broccoli Whole Wheat Bread Fruit Cocktail</p>	<p>7 Stuffed Shells w/ Meat Sauce Tossed Salad Garlic Bread Warm Winter Fruit Crisp</p>	<p>8 Corn Chowder Carrots Dinner Roll Warm Peaches</p>	<p>9 Meatball Sub Wax Beans Peas & Carrots Banana Hot Dog Bun Pudding</p>
<p>12 Turkey Burger w/ Peppers & Onions Herbed Potatoes Zucchini & Squash Burger Bun Orange</p>	<p>13 Tuna Noodle Casserole w/ Peas & Mushrooms Warm Cinnamon Apples Carrots Whole Wheat Bread Cookies</p>	<p>14 Hamburger Cabbage Casserole Harvard Beets Tater Tots Whole Wheat Bread Banana</p>	<p>15 Eggplant Parmesan w/ Penne Italian Green Beans Corn Wheat Bread Mandarin Oranges</p>	<p>16 <i>Holiday Special</i> Chicken w/ Gravy Cranberry Stuffing Sweet Potatoes w/ Cinnamon Butter Green Beans Wheat Dinner Roll Applesauce Gingerbread Cake</p> 

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<p>19 Chicken Nuggets Sweet Potato Wedges Mixed Vegetables Whole Wheat Bread Peaches</p>	<p>20 Split Pea Soup Squash Warm Berry Crisp Saltine Crackers</p>	<p>21 Roasted Turkey w/ Gravy Mashed Potatoes Corn Whole Wheat Bread Fruit Cocktail</p>	<p>22 Macaroni & Cheese Stewed Tomatoes Spinach Corn Bread Pineapple Tidbits</p>	<p>23 Meatloaf Mashed Potatoes Dilly Carrots Wheat Dinner Roll Pears</p>
<p>26 CHRISTMAS OBSERVED OFA CLOSED HAPPY HOLIDAYS</p> 	<p>27 Chicken Parmesan Pasta w/ Sauce Italian Green Beans Fruit Cocktail</p>	<p>28 Seafood Newburg over Brown Rice Broccoli Zucchini & Squash Whole Wheat Bread Pineapple Tidbits Pudding</p>	<p>29 Salisbury Steak w/ Gravy Baked Potato Cabbage & Carrots Dinner Roll Mandarin Oranges</p>	<p>30 Autumn Squash Soup Half Turkey & Swiss Sandwich on Whole Wheat Bread Mixed Vegetables Warm Spiced Apples</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

NO SUBSTITUTIONS FOR FOOD ALLERGIES