

NOVEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Tuna Noodle Casserole w/ Peas & Mushrooms Carrots Whole Wheat Bread Banana</p>	<p>2 Hamburger Cabbage Casserole Harvard Beets Whole Wheat Bread Cinnamon Apples</p>	<p>3 Goulash Italian Green Beans Whole Wheat Bread Apricots</p>	<p>4 Cream of Tomato Soup 1/2 Cheese Sandwich on Whole Wheat Bread Cauliflower w/ Red Bell Pepper Fresh Fruit Cup</p>
	<p>7 Sloppy Joe Wax Beans Brussels Sprouts Wheat Burger Bun Pineapple Tidbits</p>	<p>8 Roasted Pork w/ Gravy Wild Rice Succotash Whole Wheat Bread Clementine</p>	<p>9 Chicken Parmesan Pasta w/ Sauce Italian Green Beans Fruit Cocktail</p>	<p>10 Salisbury Steak Buttered Noodles Cabbage & Carrots Dinner Roll Mandarin Oranges</p>
<p>14 Chicken Nuggets Sweet Potato Wedges Mixed Vegetables Whole Wheat Bread Peaches</p>	<p>15 Split Pea Soup Squash Saltine Crackers Berry Crisp</p>	<p>16 <i>Thanksgiving Special</i> Turkey w/ Gravy over Stuffing Mashed Potatoes Green Bean Casserole Cranberry Sauce Pumpkin Pie</p> 	<p>17 Macaroni & Cheese Stewed Tomatoes Spinach Corn Bread Fresh Fruit Cup</p>	<p>18 Meatloaf Mashed Potatoes Dilly Carrots Wheat Dinner Roll Pears</p>



NOVEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Chili w/ Beans Brown Rice Carrots Italian Bread Strawberry Shortcake	22 BBQ Ribs Mashed Sweet Potatoes Corn Wheat Dinner Roll Fruit Cocktail	23 Chicken & Biscuits Green Beans Mashed Potatoes Applesauce	24 THANKSGIVING DAY OFA CLOSED	25 OFA CLOSED
28 Sausage w/ Peppers & Onions Herb Potatoes California Blend Vegetables Hot Dog Roll Pineapple Tidbits	29 Swedish Meatballs Brown Rice Mixed Vegetables Whole Wheat Bread Tropical Fruit	30 Pasta Primavera Brussels Sprouts Garlic Bread Yogurt Parfait w/ Berries		

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