





JANUARY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 OFA CLOSED NEW YEAR'S DAY OBSERVED</p> 	<p>3 NEW YEAR'S SPECIAL BBQ Pulled Pork Mashed Sweet Potato Corn Hamburger Bun Fresh Fruit Cookies</p>	<p>4 Chicken & Biscuits Peas Mashed Potatoes Applesauce</p>	<p>5 Baked Ziti w/ Meat Sauce Spinach Salad Warm Peaches Whole Wheat Bread</p>	<p>6 Loaded Bake Potato Soup Mixed Vegetables Blueberry Crisp Dinner Roll</p>
<p>9 Sausage w/ Peppers & Onions Herb Potatoes California Blend Vegetables Hot Dog Roll Pineapple Tidbits</p>	<p>10 Swedish Meatballs Rice Mixed Vegetables Whole Wheat Bread Tropical Fruit</p>	<p>11 Pasta Primavera Brussels Sprouts Garlic Bread Yogurt Parfait w/ Berries</p>	<p>12 Herbed Chicken Thigh Sweet Potato Wedges Blended Vegetables Dinner Roll Applesauce & Raisins</p>	<p>13 Beef Stew Spinach Corn Wheat Dinner Roll Fruit Cup</p>
<p>16 OFA CLOSED MARTIN LUTHER KING DAY</p>	<p>17 Ham w/ Pineapple Sauce Mashed Sweet Potato Broccoli Whole Wheat Bread Fruit Cocktail</p>	<p>18 Stuffed Shells w/ Meat Sauce California Blend Vegetables Wheat Dinner Roll Mandarin Oranges</p>	<p>19 Corn Chowder Carrots Warm Cinnamon Peaches Dinner Roll</p>	<p>20 Meatball Sub Wax Beans Peas & Carrots Hot Dog Bun Banana</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23 Turkey Burger w/ Peppers & Onions Herbed Potatoes Zucchini & Squash Wheat Burger Bun Orange</p>	<p>24 Tuna Noodle Casserole w/ Peas & Mushrooms Carrots Warm Fruit Crisp Whole Wheat Bread</p>	<p>25 Hamburger Cabbage Casserole Harvard Beets Tater Tots Whole Wheat Bread Banana</p>	<p>26 Goulash Italian Green Beans Yellow Squash Wheat Bread Peaches</p>	<p>27 Cream of Tomato Soup 1/2 Cheese Sandwich Cauliflower w/ Red Bell Pepper Warm Apple & Raisins</p>
<p>30 Chicken Nuggets Sweet Potato Wedges Mixed Vegetables Whole Wheat Bread Peaches</p>	<p>31 Split Pea Soup Squash Warm Berry Crisp Saltines</p>			

Please make checks payable to:
Montgomery County Office for Aging, Inc.
135 Guy Park Ave., Amsterdam, NY 12010
Phone #: 518-673-2000, 518-673-2001 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