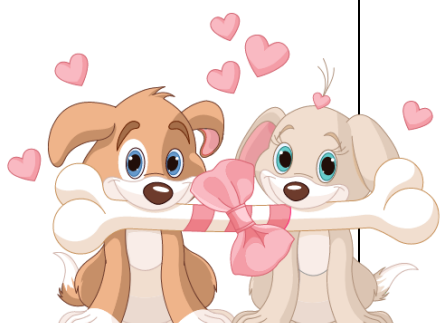
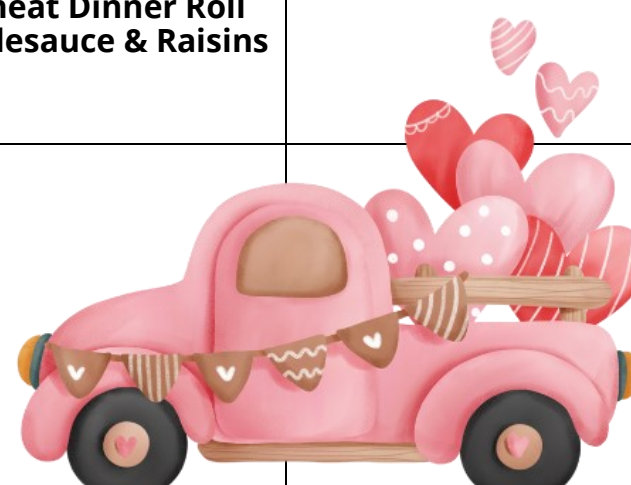




FEBRUARY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY Valentine's DAY</p>		<p>1 Roasted Turkey w/ Gravy Mashed Potatoes Corn Wheat Bread Fruit Cocktail</p>	<p>2 Macaroni & Cheese Stewed Tomatoes Spinach Peaches</p>	<p>3 Meatloaf w/ Gravy Mashed Potatoes Dilly Carrots Wheat Dinner Roll Pears</p>
<p>6 Sloppy Joe Wax Beans Brussels Sprouts Burger Bun Pineapple</p>	<p>7 Roasted Pork Rice Pilaf Succotash Wheat Bread Banana</p>	<p>8 Chicken Parmesan Pasta w/Sauce Italian Green Beans Fruit Cocktail</p>	<p>9 Salisbury Steak Mashed Potatoes Cabbage & Carrots Wheat Dinner Roll Mandarin Oranges</p>	<p>10 Autumn Squash Soup Half Turkey Sandwich on Wheat Bread Mixed Vegetables Warm Spiced Apples</p>
<p>13 Chili w/ Beans Rice Carrots Corn Bread Clementine</p>	<p>14 VALENTINE'S DAY SPECIAL Lemon Chicken Orzo Soup w/ Crackers Corn Peas Fruit Cocktail Cupid Cookie</p>	<p>15 Chicken & Biscuits Green Beans Mashed Potatoes Applesauce</p>	<p>16 Baked Ziti w/ Meat Sauce Warm Spinach Salad Cinnamon Peaches Whole Wheat Bread</p>	<p>17 Loaded Potato Soup Mixed Vegetables Blueberry Crisp Dinner Roll</p>

FEBRUARY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20 President's Day OFA CLOSED</p>	<p>21 Swedish Meatballs Rice Mixed Vegetables Wheat Bread Tropical Fruit</p>	<p>22 Chicken Tetrazzini over Pasta Italian Blend Vegetables Wheat Dinner Roll Banana</p>	<p>23 Herbed Chicken Thigh Cinnamon Sweet Potatoes Blended Vegetables Wheat Dinner Roll Applesauce & Raisins</p>	<p>24 Beef Stew Corn Spiced Peaches Wheat Dinner Roll</p>
<p>27 Egg Bake Tater Tots Spinach Wheat Bread Apple</p>	<p>28 Ham w/ Pineapple Sauce Mashed Potatoes Broccoli Wheat Bread Fruit Cocktail</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