

JUNE 2023 MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
|  <p>Hello Summer</p> | | | | |
| <p style="text-align: center;">5</p> <p>Turkey Burger w/ Peppers & Onions Potato Wedges Green Beans Hamburger Bun Apples & Raisins</p> | <p style="text-align: center;">6</p> <p>Meatloaf w/ Ketchup Potatoes Au Gratin Carrots Corn Bread Pears</p> | <p style="text-align: center;">7</p> <p>Chicken Riggies Peas Warm Cinnamon Applesauce Tossed Salad w / Dressing Whole Wheat Bread</p> | <p style="text-align: center;">8</p> <p>Broccoli-Mushroom Cheddar Egg Bake Stewed Tomatoes Tater Tots Blueberry Muffin Orange Juice</p> | <p style="text-align: center;">9</p> <p>Chef Salad w/ Turkey, Egg & Cheese Thousand Island Dressing Macaroni Salad Old Fashioned Bean Salad Roll Banana</p> |
| <p style="text-align: center;">12</p> <p>Sloppy Joe Roasted Potatoes Brussels Sprouts Burger Bun Pears</p> | <p style="text-align: center;">13</p> <p>Lasagna Roll Up Meatballs Italian Blend Vegetables Whole Wheat Bread Peaches</p> | <p style="text-align: center;">14</p> <p>Seafood Newburg Brown Rice Blended Vegetables Whole Wheat Bread Mandarin Oranges</p> | <p style="text-align: center;">15</p> <p>Stuffed Chicken w/ Gravy Fried Cabbage Peas Corn Bread Pineapple Tidbits</p> | <p style="text-align: center;">16</p> <p>Father's Day Special BBQ Pulled Pork On a Bun Red Potatoes Warm Corn Relish Tropical Fruit</p>  |



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|--|---|---|--|---|
| 19 Sausage w/ Peppers & Onions Herb Potatoes Beets Hot Dog Roll Apple | 20 Macaroni & Cheese Stewed Tomatoes Broccoli Muffin Square Orange | 21 French Toast Bake Turkey Sausage Spinach Butternut Squash Fruit & Yogurt Parfait | 22 Barbeque Ribs Mashed Sweet Potatoes Green Beans Corn Bread Apple-Peach Crisp | 23 Cranberry Chicken Salad Chickpea Salad Whole Wheat Bread Banana Shortbread Cookie |
| 26 Breaded Fish w/ Tartar Sauce Mashed Potatoes Zucchini & Tomatoes Hot Dog Bun Mandarin Oranges | 27 Sweet & Sour Meatballs Brown Rice Peas Whole Wheat Bread Apple | 28 Taco Rice Casserole Mexican Corn Roasted Sweet Potatoes Tortilla Tropical Fruit Cookie | 29 Pork Loin Hawaiian Sauce Wild Rice Corn Cinnamon Applesauce Shortbread Cookie | 30 Turkey & Swiss Sandwich on Whole Wheat Bread w/ Mayo & Mustard Coleslaw 3 Bean Salad Sliced Peaches w/ Whipped Topping |

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 \$10.69
 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