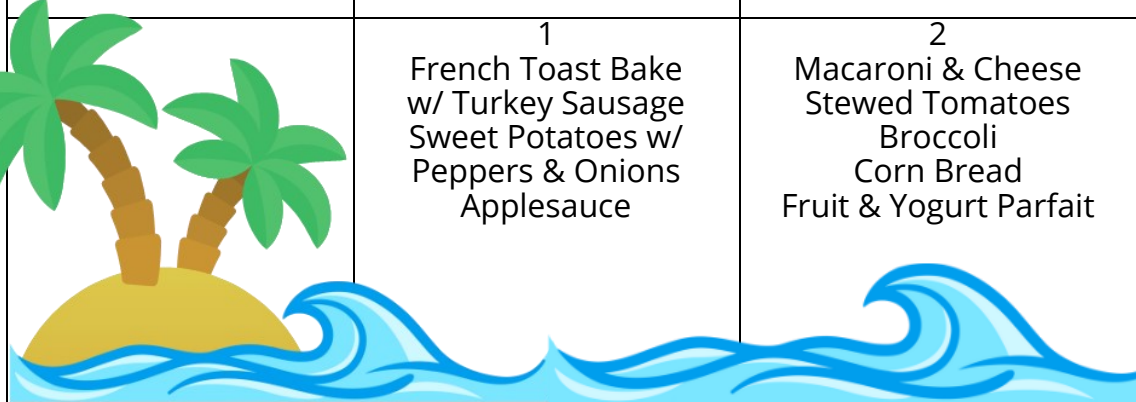



AUGUST 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 French Toast Bake w/ Turkey Sausage Sweet Potatoes w/ Peppers & Onions Applesauce</p>	<p>2 Macaroni & Cheese Stewed Tomatoes Broccoli Corn Bread Fruit & Yogurt Parfait</p>	<p>3 Barbeque Ribs Sweet Potatoes Green Beans Whole Wheat Bread Watermelon</p> <p>HAPPY NATIONAL WATERMELON DAY! </p>	<p>4 Cranberry Chicken Salad Chickpea Salad Broccoli Raisin Salad Dinner Roll Sunshine Gelatin Salad Shortbread Cookie</p>
<p>7 Breaded Fish w/ Tartar Sauce On a Bun Roasted Herbed Potatoes Tomato & Zucchini Mandarin Oranges</p>	<p>8 Sweet & Sour Meatballs Brown Rice Peas Whole Wheat Bread Apple</p>	<p>9 Oven-Fried Chicken Thigh Cowboy Beans Mixed Vegetables Dinner Roll Pears</p>	<p>10 Pork Loin w/ Hawaiian Sauce Wild Rice Corn Cinnamon Applesauce Shortbread Cookie</p>	<p>11 Turkey & Swiss w/ Lettuce on Whole Wheat Bread w/ Mayo & Mustard Coleslaw 3 Bean Salad Sliced Peaches w/ Whipped Topping</p>
<p>14 Spanish Rice Broccoli & Cauliflower Blend Italian Bread Fruit Crisp</p>	<p>15 Ham & Scalloped Potatoes Parsley Buttered Carrots Green Beans Dinner Roll Fruit Cocktail</p>	<p>16 Teriyaki Chicken Stir Fry Brown Rice Oriental Vegetables Corn Bread Mandarin Oranges</p>	<p>17 Salisbury Steak Mushroom Gravy Sweet Potato Wedges Brussels Sprouts Whole Wheat Bread Sliced Pears</p>	<p>18 Tuna Macaroni Salad on Lettuce Leaf Carrot & Raisin Salad Ranch Corn & Red Peppers Whole Wheat Bread Peaches</p>



AUGUST 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Creamy Tuscan Chicken Over Penne California Blend Vegetables Beets Italian Bread Fruit Crisp	22 Goulash Green Beans Carrots Dinner Roll Peaches	23 Low Salt Ham Salad Sandwich on Whole Wheat Bread Broccoli Slaw Ranch Macaroni Salad Fruit & Yogurt Parfait Shortbread Cookie	24 Chicken Ala King Rice Corn Fresh Fruit Whole Wheat Bread	25 Seafood Salad Beet Salad Cucumber Tomato Salad Hamburger Bun Tropical Fruit
28 Turkey Burger w/ Peppers & Onions On a Bun Potato Wedges Green Beans Apples & Raisins	29 Meatloaf Potatoes Au Gratin Carrots Dinner Roll Pears	30 Chicken Riggies Peas Tossed Salad w / Dressing Whole Wheat Bread Warm Cinnamon Applesauce	31 Broccoli-Mushroom Cheddar Egg Bake Stewed Tomatoes Potato Wedges Bran Muffin Orange Juice	

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