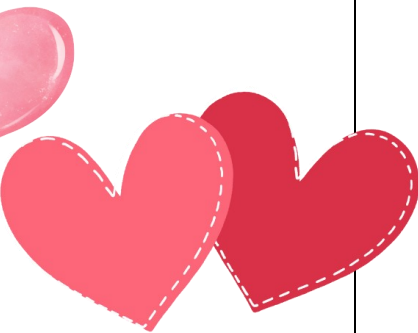



February 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Lemon Baked Fish Over Rice Pilaf Garlic Green Beans Carrots Whole Wheat Bread Banana</p>	<p>2 Taco Rice Casserole Mexican Corn Roasted Sweet Potatoes Tortilla Tropical Fruit Cookie</p>
<p>5 Turkey Burger w/ Peppers & Onions Cowboy Baked Beans Zucchini & Squash Hamburger Bun Orange</p>	<p>6 Meatloaf Potatoes Au Gratin Carrots Dinner Roll Pears</p>	<p>7 Chicken & Biscuits Green Beans Stewed Tomatoes Cranberry-Apple Cup Biscuit</p>	<p>8 "Loaded Baked Potato" Baked Potato w/ Turkey Chili & Sour Cream Broccoli Corn Bread Square Pineapple Tidbits Sugar Free Pudding</p>	<p>9 Minestrone Soup Butternut Squash Brussels Sprouts Breadstick Peaches & Strawberries Birthday Cake</p>
<p>12 Sausage w/ Peppers & Onions Herb Potatoes Dill Carrots Hot Dog Bun Apples & Raisins</p>	<p>13 Meatball Sub Italian Green Beans Steamed Cauliflower Hot Dog Bun Tropical Fruit</p>	<p>14 Valentine's Day Special Cranberry Glazed Chicken Brown Rice Blended Vegetables Whole Wheat Bread Strawberry Cake</p>	<p>15 Cheese Omelet Sausage Patty Roasted Peppers & Potatoes Spinach Muffin Fruited Yogurt Parfait</p>	<p>16 Chicken & Rice Soup Brussels Sprouts Yellow Wax Beans Crackers Cinnamon Pears</p>



February 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 President's Day OFA CLOSED	20 Sloppy Joe Roasted Red Potatoes Brussels Sprouts Burger Bun Tropical Fruit	21 Macaroni & Cheese Stewed Tomatoes Broccoli Corn Bread Fresh Fruit Fruited Jello	22 Barbeque Ribs Mashed Sweet Potatoes Green Beans Whole Wheat Bread Peaches	23 Vegetable Beef Barley Soup Squash Breadstick Warm Blueberry Crisp Pudding
26 Chicken Nuggets w/ Dipping Sauce Broccoli Rice Au Gratin Blended Vegetables Dinner Roll Cinnamon Applesauce	27 Ham & Scalloped Potatoes Parsley Buttered Carrots Green Beans Corn Bread Tropical Fruit	28 Eggplant Parmesan Penne w/ Sauce Herb Roasted Butternut Squash Apricots	29 Broccoli Cheddar Soup 1/2 Egg Salad Sandwich On Whole Wheat Bread Blended Vegetables Warm Spiced Pears Cookies	

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