



June 2024 MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <p>3 Creamy Tuscan Chicken Over Penne California Blend Vegetables Beets Italian Bread Berry Crisp</p> | <p>4 Roasted Turkey w/ Gravy Mashed Potatoes Vegetable Blend Whole Wheat Bread Tropical Fruit</p> | <p>5 Goulash Green Beans Carrots Baguette Peaches</p> | <p>6 Chicken Ala King Rice Corn Fresh Fruit Whole Wheat Bread</p> | <p>7 Seafood Salad Beet Salad Dill Cucumber Salad Hamburger Bun Pineapple Tidbits</p> |
| <p>10 Cheeseburger Potato Wedges Peas Hamburger Bun Apples & Raisins</p> | <p>11 Meatloaf Mashed Potatoes Carrots Whole Wheat Bread Pear</p> | <p>12 Chicken Riggies Peas Cauliflower Whole Wheat Bread Cinnamon Applesauce</p> | <p>13 Father's Day Special Sliced BBQ Pork Au Gratin Potatoes Italian Seasoned Green Beans Hamburger Bun Brownie</p> | <p>14 Chef Salad w/ Turkey, Egg & Cheese Thousand Island Dressing Macaroni Salad 4-Bean Salad Roll Grapes</p> |
| <p>17 Sausage w/ Peppers & Onions Herb Potatoes Carrots Hot Dog Roll Strawberry Applesauce</p> | <p>18 Lasagna Roll Up Meatballs Italian Blend Vegetables Broccoli Breadstick Peaches</p> | <p>19 Seafood Newburg Brown Rice Vegetable Blend Whole Wheat Bread Coleslaw Tropical Fruit</p> | <p>20 Hot Dog Baked Beans Peas Hot Dog Bun Fruited Jello</p> | <p>21 1/2 Low-Salt Ham Salad Sandwich On Whole Wheat Bread Carrot Raisin Salad Corn Salad Fresh Fruit Cookie</p> |

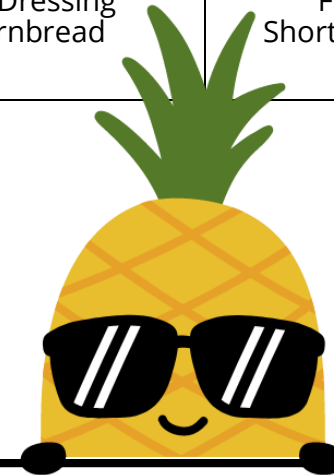


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|--|--|---|--|--|
| 24 Sloppy Joe O'Brien Potatoes Carrots Brussels Sprouts Hamburger Bun Tropical Fruit | 25 Macaroni & Cheese Stewed Tomatoes Corn Pears Corn Bread Fruited Jello | 26 Egg Salad Over Mixed Greens Ranch Macaroni Salad Broccoli Slaw Whole Wheat Bread Pineapple Tidbits | 27 Barbeque Ribs Roasted Sweet Potatoes Warm Apple Peach Crisp Tossed Salad w/ Dressing Cornbread | 28 Cranberry Chicken Salad Chickpea Salad Cucumber Tomato Salad Whole Wheat Bread Fresh Fruit Shortbread Cookie |



HELL-
Summer



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 \$11.49
 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