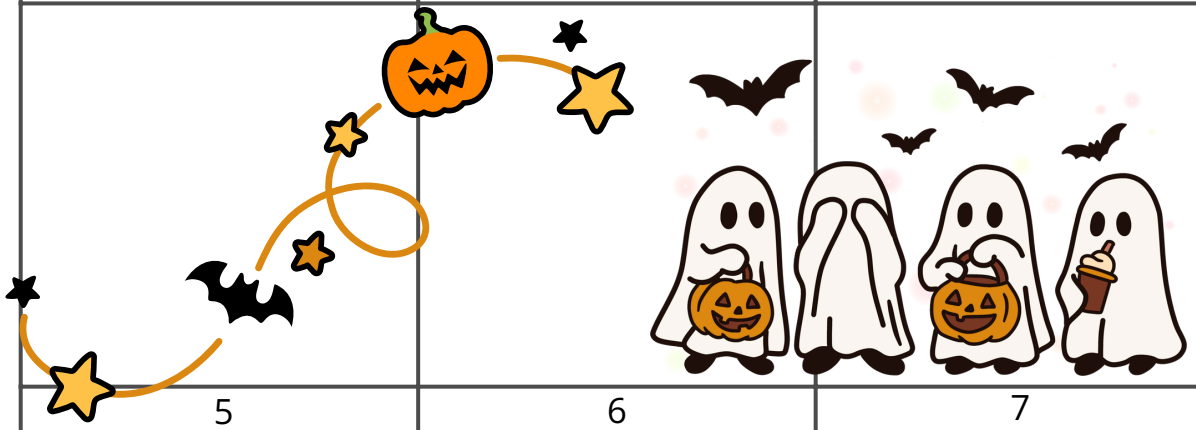
Montgomery County Office for Aging Rao Family Meals of Montgomery

OCTOBER 2026

OFA
OFFICE FOR AGING
AGE WITHOUT LIMITS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Barbeque Ribs Mashed Sweet Potato Green Beans Whole Wheat Bread Peaches	2 Corn Chowder 1/2 Chicken Salad Sandwich on Whole Wheat Bread Peas Cinnamon Applesauce
5 Chicken Patty w/ Honey Mustard Sauce Seasoned Potato Wedges Corn Mandarin Oranges Breadstick	6 Ham & Scalloped Potatoes Parsley Buttered Carrots Cauliflower Dinner Roll Fruit Cocktail	7 Turkey Tetrazzini w/ Spaghetti Peas Broccoli Dinner Roll Pears	8 Baked Ravioli Carrots Spinach Whole Wheat Bread Peach Crisp	9 1/2 Turkey & Swiss Sandwich on Whole Wheat Bread Autumn Squash Soup Mixed Vegetables Warm Pears & Raisins
12 **OFA CLOSED** **Columbus Day**	13 Turkey-Tex Mex Chili w/ Sour Cream Potato Wedges Broccoli Cornbread Pineapple Tidbits	14 Pork Loin w/ Fiesta Sauce Mashed Potatoes Beets Dinner Roll Mandarin Oranges	15 Breakfast Sausage Gravy w/ Biscuit Hash Browns w/ Peppers & Onions Warm Spiced Peaches	16 Stuffed Baked Potato w/ Ham & Cheddar Broccoli Blended Vegetables Whole Wheat Bread Applesauce Shortbread Cookie

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19 Turkey Burger w/ Peppers & Onions Mashed Sweet Potatoes Brussels Sprouts Hamburger Bun Mandarin Oranges	20 Baked Ziti w/ Meat Sauce Peas Cauliflower Italian Bread Pineapple Tidbits	21 Breaded Fish w/ Tartar Sauce Macaroni & Cheese Garlic Green Beans Hamburger Bun Peaches	22 Cheeseburger Casserole Vegetable Blend Harvard Beets Birthday Cake Dinner Roll **Celebrating Oct. Birthdays!**	23 Crispy Oven Fried Chicken Cowboy Baked Beans Zucchini/Yellow Squash Apricots Dinner Roll
26 Hot Dog w/ Meat Sauce Tater Tots Mixed Vegetables Hot Dog Roll Pineapple Tidbits	27 Roasted Turkey w/ Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Cinnamon Pears	28 Meatloaf w/ Ketchup Potatoes Au Gratin Corn Dinner Roll Peaches	29 Chicken & Biscuits Green Beans Carrots Fruit Cocktail	30 **Halloween Special** Eerie Egg Bake Witchy Wedges Graveyard Apples Dracula Donut Eyeballs Vegetable/Cheddar Egg Bake Sweet Potato Wedges Cinnamon Apples Donut Holes

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 CANCELLATIONS

Suggested contributions:
Home-delivered meal $3.00
Congregate meal $3.00
Guest fee under 60 $12.59
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