Montgomery County Office for Aging Rao Family Meals of Montgomery

NOVEMBER 2026

OFA
OFFICE FOR AGING
AGE WITHOUT LIMITS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Creamy Pesto Pasta w/ Chicken Stewed Tomatoes Warm Spiced Applesauce Dinner Roll Butter	3 Open Face Mushroom Burger Italian Green Beans Cauliflower Whole Wheat Bread Mandarin Oranges	4 Taco Rice Casserole Mexican Corn Blended Vegetables Tortilla Tropical Fruit Sour Cream	5 Apple Glazed Pork Loin Oven Roasted Sweet Potatoes Red Cabbage Dinner Roll Berry Crisp	6 Eggplant Parmesan w/ Spaghetti Warm Spinach Salad Yellow Wax Beans Italian Bread Pears
9 Sloppy Joe Roasted Red Potatoes Brussels Sprouts Burger Bun Tropical Fruit	10 Orange Chicken Brown Rice Sweet & Sour Cabbage Whole Wheat Bread Pineapple Tidbits Fortune Cookie	11 **OFA CLOSED** **VETERAN'S DAY** 	12 Barbeque Ribs Mashed Sweet Potatoes Green Beans Whole Wheat Bread Peaches	13 Corn Chowder 1/2 Chicken Salad Sandwich on Whole Wheat Bread Peas Warm Cinnamon Applesauce
16 Chicken Patty w/ Honey Mustard Sauce Seasoned Potato Wedges Corn Mandarin Oranges Breadstick	17 Ham & Scalloped Potatoes Parsley Buttered Carrots Cauliflower Dinner Roll Fruit Cocktail	18 Baked Ravioli Carrots Spinach Whole Wheat Bread Peach Crisp	19 Macaroni & Cheese Stewed Tomatoes Broccoli Cornbread Chef's Choice Fruit	20 **THANKSGIVING SPECIAL** Roast Turkey w/ Gravy & Stuffing Mashed Potatoes Green Bean Casserole Cranberry Sauce Dinner Roll Pie w/ Whipped Topping

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Pasta Fagioli Yellow Wax Beans Zucchini Italian Bread Fruit Cocktail	24 Turkey-Tex Mex Chili w/ Sour Cream Potato Wedges Broccoli Cornbread Pineapple Tidbits	25 Pork Loin w/ Fiesta Sauce Mashed Potatoes Beets Dinner Roll Birthday Cake Celebrating Nov. Birthdays!	26 **OFA CLOSED** **THANKSGIVING**	27 **OFA CLOSED**
30 Turkey Burger w/ Peppers & Onions Mashed Sweet Potatoes Brussels Sprouts Hamburger Bun Mandarin Oranges				

Happy Thanksgiving

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