


September 2019

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions:** **Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2  Meal Site Closed	September 3 Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	September 4 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	September 5 Cold Plate Chicken Salad on a bed Of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup	September 6 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake
September 9 Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	September 10 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	September 11 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	September 12 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler	September 13 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit
September 16 Chicken Alfredo over Pasta California Medley Tropical Fruit Cup	September 17 Cheeseburger Deluxe Lettuce/tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	September 18 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	September 19 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies	September 20 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple
September 23 CHEF's CHOICE	September 24 Meatloaf Mashed Potatoes Spinach Chilled Pears	September 25 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	September 26 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit Garlic Bread	September 27 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/ Frosting Happy Birthday!!
September 30 BBQ Chicken Potato of the Day Beets Mandarin Oranges				Age 60+ Suggested contribution is \$3 Under age 60, required contribution is \$5

Meal site numbers:

Bolton: (518)644-2368
 Cedars: (518)832-1705
 cedars@warrencountyny.gov
 Chestertown: (518)494-3119

Johnsburg: (518)251-2711
 Long Lake: (518)624-5221
 Warrensburg: (518)623- 2653
 Lake Pleasant: (518)548-4941
 Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200
 First Presb. Church Glens Falls & Solomon Heights, Queensbury: (518)832-1705