

June 2022

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
		June 1 Meat Lasagna Green Beans California Medley Mandarin Oranges	June 2 CHEF'S CHOICE	June 3 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
June 6 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	June 7 Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	June 8 Pork Chops Sweet Potatoes California Medley Chilled Pears	June 9 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	June 10 Orange Juice Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
June 13 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	June 14 American Goulash Broccoli Corn Chilled Pineapple	June 15 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	June 16 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	June 17 Cold Plate Happy Father's Day Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
June 20 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	June 21 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	June 22 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	June 23 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	June 24 Cold Plate Chef Salad – Turkey/Ham/ Swiss Cheese/ Lettuce Marinated Veggies Birthday Cake w/Frosting Happy Birthday!!
June 27 Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	June 28 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	June 29 Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	June 30 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	Age 60+suggested contribution is \$3. Per meal, under age 60 required contribution is \$5.

Meal site numbers:

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

Johnsburg: (518)251-2711
 Long Lake: (518)624-5221
 Warrensburg: (518)623-3451
 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
 Wells: (518)924-4066

Please Note: Contact your Mealsite to request a substitution if you do not care for Fish or Liver. The meal site Phone Numbers are listed above.