

March 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
60+ Suggested Contribution \$3 Under 60, \$5 required contribution				March 1 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Peaches
March 4 Chicken Parmesan Penne Pasta/Marinara Sauce Japanese Veggies Mandarin Orange	March 5 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Peach Cobbler	March 6 Ash Wednesday Lemon Baked Fish Sweet Potatoes Mixed Veggies Tropical Fruit Cup	March 7 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Fresh Fruit	March 8 Brunch Cheese Omelet Sliced Ham Hash Brown Potato Yogurt Parfait with Strawberry & Granola
March 11 Soup of the Day (at congregate sites only) Liver & Onions/gravy Potato of the Day Scandinavian Veggies Rice Pudding/Topping	March 12 Shepherd Pie with Mashed Potatoes & Veggies Green Beans Chilled Pears	March 13 CHEF'S CHOICE	March 14 St. Patrick's Day Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	March 15 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad
March 18 Chicken Reuben Rice Veggie Casserole Peas Chilled Pineapple	March 19 Beef Stroganoff over Noodles Carrots Birthday Cake Happy Birthday	March 20 Turkey Divan Broccoli Roasted Red Potatoes Fresh Fruit	March 21 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Garlic Bread Cookie of the Day	March 22 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange
March 25 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	March 26 Apple n' Onion Chicken Sweet Potatoes Spinach Pumpkin Bar	March 27 Beef Stew Boiled Potatoes/Carrots Biscuit Fresh Fruit	March 28 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Strawberry Shortcake	March 29 Breaded Haddock Roasted Potato Bites Peas & Onions Tropical Fruit Cup

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
Wells: (518)924-4066