


**September 2023 - Altered Delivery Schedule
Warren/Hamilton Counties Office for the Aging**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: People under the age of 60 are required to pay \$7 per meal. Clients 60 and over suggested contribution is \$3.				September 1 Labor Day BBQ BBQ Pork Rib on a Bun Baked Beans Roasted Potato Bites Labor Day Dessert
September 4 Labor Day  Meal Site Closed	September 5 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	September 6 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake	September 7 Apple N' Onion Chicken Mashed Potatoes Carrots Gelatin	September 8 Cold Plate Chicken Salad on a bed Of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup
September 11 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	September 12 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	September 13 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	September 14 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	September 15 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
September 18 Chicken Alfredo over Pasta California Medley Chilled Pineapple	September 19 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit	September 20 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Gelatin	September 21 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	September 22 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
September 25 CHEF's CHOICE	September 26 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	September 27 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	September 28 Meatloaf Mashed Potatoes Spinach Chilled Pears	September 29 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake with Frosting Happy Birthday!!

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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions: Oven:** 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

Meal Site Phone Numbers:

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|-----------------------------|-------------------------------|--------------------------------------|
| Bolton: (518) 644-2368 | Long Lake: (518) 624-5221 | Solomon Heights, Salvation |
| Cedars: (518) 832-1705 | Warrensburg: (518) 623-3451 | Army: 518) 832-1705 |
| Chestertown: (518) 623-3451 | Lake Pleasant: (518) 924-4066 | Wells: (518) 924-4066 |
| Johnsburg: (518) 251-2711 | Indian Lake: (518) 648-5412 | Office for the Aging: (518) 761-6347 |
| | Lake Luzerne:(518) 696-2200 | |