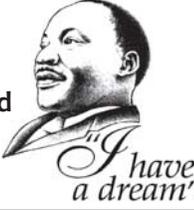


# January 2017

Warren/Hamilton Counties Office for the Aging  
Menu by: Catherine Keating-Stauch, RDN CDN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>January 2 <b>Meal Site Closed</b></p>	<p>January 3</p> <p>Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup</p>	<p>January 4</p> <p>Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin</p>	<p>January 5</p> <p>Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange</p>	<p>January 6</p> <p>Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Birthday Cake</p>
<p>January 9</p> <p>Sour Cream Chicken Sweet Potatoes Peas &amp; Onions Tropical Fruit Salad</p>	<p>January 10</p> <p>Beef Pot Pie with Potatoes and Veggies Cauliflower Chilled Peaches</p>	<p>January 11</p> <p>Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake</p>	<p>January 12</p> <p>Quiche of the Day Italian Veggies Muffin of the Day Pears</p>	<p>January 13</p> <p>Spaghetti &amp; Meatballs Marinara Sauce Green Beans Tossed Salad Cinnamon Coffee Cake</p>
<p>January 16</p> <p><b>Meal Site Closed</b></p> 	<p>January 17</p> <p>Creamy Parmesan Fish Potato of the Day Mixed Veggies Pudding of the Day</p>	<p>January 18</p> <p>Eggplant Parmesan Spaghetti with Marinara Sauce Peas &amp; Onions Mandarin Orange</p>	<p>January 19</p> <p>Cheeseburger Pie Roaster Potatoes Bites Broccoli Coleslaw Pumpkin Bar</p>	<p>January 20</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Marinated Carrots Fresh Fruit</p>
<p>January 23</p> <p>Chicken Parmesan Penne Pasta with Marinara Sauce Italian Veggies Chilled Apricots</p>	<p>January 24</p> <p>Pepper Steak Mashed Potatoes Brussels Sprout Chilled Pineapple</p>	<p>January 25</p> <p>Meatloaf with Gravy Mashed Potato Zucchini &amp; Tomatoes Apple Crisp</p>	<p>January 26</p> <p>Chicken &amp; Stuffing Casserole Long Grain &amp; Wild Rice California Medley Strawberry/Banana</p>	<p>January 27</p> <p>Soup of the Day (at congregate sites only) Liver &amp; Onions Boiled Potato Peas &amp; Onions Brownie</p>
<p>January 30</p> <p>Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad</p>	<p>January 31</p>  <p><b>Chef's Choice</b></p>			<p><b>Suggested Contribution Per Meal: \$3</b></p>

**Meal site numbers:**

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

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

Lake Luzerne: 696-2200  
First Presb. Church Glens Falls & Solomon Heights, Queensbury: 832-1705  
Wells: 924-4066