

June 2022

Warren/Hamilton Counties Office for the Aging

One Day Notice 518-696-2200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		June 1 Lasagna/meat sauce Green beans California medley Mandarin Oranges	June 2 Assorted Meals	June 3 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dessert
June 6 Chicken Pot Pie w/potatoes/veggie Brussel Sprouts Pudding	June 7 Assorted Meals	June 8 Roast Pork Lion/Gravy Mashed Potatoes California Medley Applesauce	June 9 Assorted Meals	June 10 Orange Juice Breaded Fish Au Gratin Potatoes Mixed Veggies Jell-O
June 13 Meatloaf Mashed Potatoes Squash Fruit	June 14 Movie and Meals	June 15 Father's Day Luncheon Cheeseburger Deluxe Lettuce/tomatoes Summer Salads Strawberry Shortcake	June 16 Assorted Meals	June 17 Chicken & Stuffing Casserole Brown Rice Italian Medley Tropical Fruit Cup
June 20 Chef Salad Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Yogurt w/berries	June 21 Assorted Meals	June 22 Macaroni & Cheese Stewed Tomatoes Carrot Mandarin Orange	June 23 Assorted Meals	June 24 Baked Fish Scandia Sweet Potatoes Spinach Peaches
June 27 Apple Onion Chicken Potato/Carrots Pineapple	June 28 Assorted Meals	June 29 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	June 30 Assorted Meals	

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.**