


December 2022

Warren/Hamilton Counties Office for the Aging

One Day Notice Needed 518-696-2200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			December 1 Frozen Meals	December 2 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake
December 5 Christmas Music Event Doors open at 12:30	December 6 Frozen Meals	December 7 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake	December 8 Frozen Meals	December 9 Family Christmas Lunch Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert
December 12 Eggplant Parmesan w/ Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	December 13 Frozen Meals	December 14 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	December 15 Frozen Meals	December 16 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
December 19 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Rice Pudding	December 20 Frozen Meals	December 21 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Topping	December 22 Frozen Meals	December 23 Quiche of the Day California Medley Muffin of the Day Fresh Fruit
December 26  Meal Site and Center Closed	December 27 Frozen Meals	December 28 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	December 29 Frozen Meals	December 30 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Cake

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.**