

November 2022

Warren/Hamilton Counties Office for the Aging

One Day Notice Needed 518-696-2200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	November 1 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Mandarin Orange	November 2 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake	November 3 Hungarian Goulash/Noodles Japanese Medley Beets Mandarin Oranges	November 4 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup
November 7 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	November 8 Eggplant Parmesan w/ Spaghetti Marinara Meat Sauce Peas & Onions Chilled Pears	November 9 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	November 10 Beef Stew with Boiled Potatoes/Carrots Brussel Sprouts Biscuit Chilled Pears	November 11  Meal Site Closed
November 14 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Rice Pudding	November 15 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	November 16 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies	November 17 Chef's Choice	November 18 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Topping
November 21 Quiche of the Day California Medley Muffin of the day Fresh Fruit	November 22 Chicken Roasted BBQ Pulled Red Potatoes Winter Squash Tropical Fruit	November 23 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Apple Crisp	November 24 Happy Thanksgiving  Meal site Closed	November 25 Frozen Meals
November 28 Macaroni/Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	November 29 Beef Stroganoff over Noodles Broccoli Tropical Fruit	November 30 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce		

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.**