

GREENE COUNTY SENIOR NUTRITION PROGRAM

All Persons 60 and older are invited to attend - Suggested donation \$4.00

Served Daily: Whole Grain Bread unless otherwise noted w/Promise Spread; 1% Milk; Coffee or Tea

Tartar Sauce served on fish days

Reservations are required at least one day in advance by call the appropriate center

	Monday	Tuesday	Wednesday	Thursday	Friday
AUG. 3 - 7	CHICKEN TERIYAKI over RICE OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM PINEAPPLE SAUCE <i>Low-Salt Diet Subst: Low Salt Turkey</i> FRESH BAKED SWEET POTATO BROCCOLI PARMESAN FRUIT CUP	BROCCOLI CHEESE FISH FILLET POTATOES O'BRIEN GREEN BEANS V-8 JUICE BUTTERSCOTCH PUDDING w/whipped topping <i>Diet Dessert Subst</i>	CHICKEN SALAD on Romaine Lettuce PASTA VEGETABLE SALAD TOMATO WEDGES ORANGE JUICE STRAWBERRY JELLO w/Sliced Bananas, Strawberries & Pineapple <i>Diet Dessert Subst</i>	CHILI DOGS w/Onions & Sauerkraut on a bun <i>Low-Salt Diet Subst: Hamburger on bun</i> BAKED BEANS CARROTS GARDEN VEGETABLE SALAD HONEYDEW MELON
AUG. 10 - 14	VEAL PARMESAN w/Linguine SPINACH CRANBERRY JUICE PEACHES	CHICKEN DIVAN RICE CARROT COINS LEMON MOUSSE <i>Diet Dessert subst</i>	MEATLOAF w/Gravy MASHED POTATOES OLD FASHIONED MIXED VEGGIES MANDARIN ORANGES	SEAFOOD PASTA SALAD 3 BEAN SALAD SLICED CUCUMBERS, RADISHES & CARROT CURLS APRICOT JUICE BROWNIE <i>Diet Dessert Subst</i>	BBQ CHICKEN (QUARTERED) OVEN ROASTED POTATOES <u>FARM-to-TABLE</u> LOCAL CORN on the COB CANTALOUPE
AUG. 17 - 21	MACARONI & CHEESE ITALIAN VEGETABLES STEWED TOMATOES CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	TUNA SALAD PLATE POTATO SALAD CARROT RAISIN SALAD MANDARIN ORANGES & PINEAPPLE	PORK CHOPS w/Gravy STUFFING APPLESAUCE MASHED POTATOES SPINACH TROPICAL FRUIT	CHICKEN PICCATA w/Orzo CALIFORNIA BLEND VEGETABLES ORANGE CAKE <i>Diet Dessert subst :</i> <i>2» square w/o icing</i>	CHILI CON CARNE W/RICE CARROTS TOSSED ROMAINE SALAD CORNBREAD WATERMELON
AUG. 24 - 28	STUFFED SHELLS in Tomato Sauce OLD FASHIONED MIXED VEGETABLES 3-BEAN SALAD SLICED PINEAPPLE	IRISH PORK CHOPS w/Potato Stuffing PEAS & CARROTS CRANBERRY JUICE DINNER ROLL CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	BEEF POT ROAST w/Gravy WHIPPED POTATOES GLAZED WHOLE BABY CARROTS BIRTHDAY CAKE	SUB (Turkey, Roast Beef & Provolone on lettuce w/tomato) POTATO SALAD GARDEN VEGETABLE SALAD CRANBERRY JUICE PEACHES	SALISBURY STEAK w/Gravy BAKED POTATO BRUSSEL SPROUTS <u>FARM-to-TABLE</u> CANTELOUPE
AUG. 31	LEMON PEPPER FISH w/Tartar Sauce RICE PILAF ZUCCHINI, CARROTS & GREEN BEANS TANGERINE				




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	Monday	Tuesday	Wednesday	Thursday	Friday
SEPT 1 - 4 2015		MACARONI & CHEESE STEWED TOMATOES 3-BEAN SALAD CRANBERRY JUICE APRICOTS	MEATLOAF w/Gravy MASHED POTATOES SPINACH BIRTHDAY CAKE <i>Diet Dessert Subst</i>	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i>	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED GREEN SALAD FRESH SEASONAL FRUIT
SEPT 7 - 11	 <p>ALL SENIOR SERVICE CENTERS CLOSED</p> <p>NO MEALS SERVED or DELIVERED</p>	KNOCKWURST <i>(Low-salt Diet Subst)</i> SAUERKRAUT BAKED BEANS CARROTS TROPICAL FRUIT	CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLESAUCE & COOKIES <i>(Diet Dessert Subst)</i>	ROAST PORK w/gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, BANANAS & PINEAPPLE in Jell-O <i>(Diet Dessert Subst)</i>	BAKED ZITI SPINACH TOSSED SALAD FRESH SEASONAL FRUIT 
SEPT 14 - 18	CHICKEN CACCIATORE over Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM w/RAISIN SAUCE <i>LOW-SALT Diet Subst</i> SWEET POTATOES CAULIFLOWER AU GRATIN PINEAPPLE DELIGHT <i>(Diet Dessert Subst)</i>	BROCCOLI CHEESE FISH FILLET RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE	CHICKEN QUARTER w/gravy MASHED POTATOES SPINACH FRUIT COCKTAIL)	ROAST BEEF w/Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS FRESH SEASONAL FRUIT
SEPT 21 - 25	CHICKEN DIVAN W/RICE CARROTS & PEAS TROPICAL FRUIT	PORK CHOP w/Gravy RED CABBAGE OVEN BROWNED POTATO WINTER SQUASH CINNAMON APPLESAUCE	BEEF STEW GREEN BEANS ORANGE JUICE PINEAPPLE UPSIDE DOWN CAKE <i>(Diet Dessert Subst)</i>	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING MASHED POTATOES OLD FASHIONED MIXED VEGETABLES PEACHES	CHEF'S CHOICE TOSSED SALAD CANTELOUPE
SEPT 28 - 30	VEAL PARMESAN w/Linguini SPINACH PEARS	CHICKEN CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES	POT ROAST w/Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES BROWNIE <i>(Diet Dessert Subst)</i>	