


GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH

CONGREGATE DINING RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>SALMON w/ Dill Sauce AU GRATIN POTATOES CARROTS COOKIES</p> <p>FLU CLINIC 9:30 - 11 ATHENS</p>	<p>2</p> <p>MEATLOAF w/ Gravy MASHED POTATOES SONOMA VEGETABLES TROPICAL FRUIT</p> <p>FLU CLINIC 9:30 - 11 ACRA</p>	<p>3</p> <p>SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE PINEAPPLE & MANDARIN ORANGES</p> <p>FLU CLINIC 9:30 - 11 JEWETT</p>	<p>4</p> <p>CHEF SALAD w/ HAM & SWISS POTATO SALAD COLD BEAN SALAD FRESH FRUIT</p> <p>FLU CLINIC 9:30 - 11 CATSKILL</p>
<p>7</p> <p>BBQ CHICKEN THIGHS COLESLAW GREEN BEANS SWEET POTATOES APPLE CRISP</p>	<p>8</p> <p>TORTELLINI MARINARA w/SAUSAGE MIXED VEGETABLES FRUIT COCKTAIL</p>	<p>9</p> <p>KIELBASA SAUERKRAUT CARROTS BAKED BEANS CHOCOLATE MOUSSE</p>	<p>10</p> <p>SHRIMP SCAMPI LINGUINI LOW SODIUM V8 SPINACH FRESH FRUIT</p> <p>NUTRITION ED. ATHENS, 11:30 a.m..</p>	<p>11</p> <p>CRANBERRY CHICK- EN SALAD MIXED GREENS COLD BEET SALAD MACARONI SALAD FRESH FRUIT</p>
<p>14</p> <p>COLUMBUS DAY</p> <p>MAIN OFFICE & ALL NUTRITION SITES CLOSED</p> 	<p>15</p> <p>MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUITED JELL-O</p>	<p>16</p> <p>PORK CHOP w/ Gravy & Applesauce GREEN BEAN CASSEROLE SWEET POTATO CHOC. CREAM PIE</p>	<p>17</p> <p>SAUSAGE & PEPPERS SUB ITALIAN MIXED VEGETABLES ITALIAN PASTA SALAD FRESH FRUIT</p>	<p>18</p> <p>CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX FRESH FRUIT</p>
<p>21</p> <p>BEER BATTERED FISH SPINACH ROASTED RED POTATOES MANDARIN ORANGES</p>	<p>22</p> <p>CHICKEN DIVAN CALIFORNIA VEGETABLE MEDLEY WHITE RICE VANILLA MOUSSE</p>	<p>23</p> <p>CHEESE LASAGNA w/ Meatballs ITALIAN MIXED VEGETABLES APPLESAUCE COOKIES</p>	<p>24</p> <p>TURKEY DINNER w/ Gravy & Cranberry Sauce SQUASH MASHED POTATOES STUFFING PUMPKIN PIE</p> <p>NUTRITION ED. JEWETT, 12 p.m.</p>	<p>25</p> <p>BEEF BARLEY STEW (Carrots & Potatoes in stew) BROCCOLI COLESLAW FRESH FRUIT</p>
<p>28</p> <p>SLOPPY JOES WINTER VEGETABLE MIX WHITE RICE TROPICAL FRUIT</p>	<p>29</p> <p>FISH FLORENTINE BROCCOLI MASHED POTATOES FRUIT COCKTAIL</p>	<p>30</p> <p>CHICKEN PARMESAN ITALIAN MIXED VEGETABLES SPAGHETTI BLONDIES</p>	<p>31</p> <p>ROAST BEEF w/ Gravy MASHED POTATOES SONOMA VEGETABLES CUPCAKES</p> 	