

Montgomery Senior Center
 845-457-9367
 Please call 24 hrs. in
 advance to make your
 reservation*Menu Subject to
 change*
 Lunch Begins @ 11:30am

ORANGE COUNTY OFFICE FOR
 THE AGING SENIOR DINING
 PROGRAM MENU
FEBRUARY 2019
 Site Manager: Becky Szabo

*Food Cooked with
 No Salt* Served Daily
 Bread, Margarine
 & Low Fat Milk Diet Substi-
 tutes Available Menu subject
 to change

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fish Picatta Roasted Potato Garden Vegetables Lorna Doones
4 Italian Meatballs Whole Wheat Pasta Italian Vegetables Diced Pears	5 Marinated Chicken Breast Savory Rice California Blend Vegetables Yogurt	6 Lentil Soup Glazed Carrots Applesauce	7 Gourmet Chicken Salad Roasted Vegetables Apple Crisp with Topping	8 Impossible Quiche Hash Brown Prince William Vegetables Nutrigrain Bar
11 Chicken Cacciatore Steamed Brown Rice Italian Green Beans with Tomato Sauce Pear Cup	12 NO MEALS Lincoln's Birthday ★☆☆☆☆ Lincoln's Birthday	13 Chicken Stir Fry Brown Rice Gingered Carrots Pineapple Tidbits	14 Ham and Potato Stew Steamed Carrots Brownie with Whip Topping	15 Baked Breaded Fish Hash Brown Potato Italian Blend Vegetables Fig Newtons
18 NO MEALS Washington's Birthday. ★☆☆☆☆ Washington's Birthday	19 Baked Pork Loin Mashed Potato Winter Blend Vegetables Diced Peaches	20 Chicken Tetrzzini Steamed Carrots Applesauce	21 Chopped Salad with Diced Turkey Caesar Dressing Lady Fingers with Lemon Pudding	22 Fish Florentine Winter Starch Broccoli Blueberry Muffin
25 Macaroni and Cheese Roasted Plum Tomato Brussel Sprouts Diced Peach Cup	26 Turkey and Biscuits Zucchini and Squash Melange Nutrigrain Bar	27 Sweet and Sour Chicken White Rice with Veggie Green Beans with Mushrooms Diced Pineapple	28 Baked Ham Potatoes O'Brien Collard Greens with Bacon & Onion Pound Cake	



845-457-2622

Call
 Before 12noon

