


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

May 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 Balsamic Marinated Pork Baked Sweet Potato Spinach with Garlic Applesauce	2 Baked Chicken Marsala with Mushrooms Whole Wheat Pasta Broccoli Unsweetened Blueberry Apricot Crumble	3 Baked Fish Mixed Vegetables Steamed Brown Rice Whole Wheat Bread Blueberry Muffin
6 Thai Green Curry Chicken White Rice Peas and Carrots Diced Pears	7 Beef Stir Fry Steamed Brown Rice Prince William Vegetables Pineapple Chunks	8 Veggie Lasagna with Béchamel Sauce Broccoli with Pimentos And Garlic Diced Peaches	9 Roast Beef with Gray Garlic Mashed Potatoes Gingered Carrots Angel Food Cake with Blueberry Sauce	10 Seafood Newburgh Egg Noodles Green Beans with Sautéed Mushrooms Lorna Doone
13 Roasted Turkey with Gravy Cranberry Sauce Mashed Potato Peas and Carrots Fig Newton	14 Baked Meatloaf (beef turkey) Brown Gravy Diced Potato w/ onion Carrots w/Lemon and Pineapple Yogurt	15 COQ AU VIN (breast) Bowtie Pasta w/ Spinach Brownie with Topping	16 Tuna Fish Salad Sandwich with Tomato and Lettuce Cold Carrot Salad Roasted Vegetables Vanilla Pudding	17 Baked Breaded Fish Scalloped Potato Broccoli with Garlic Butter & Pimentos Italian Bread Teddy Grahams
20 Salisbury Steak with Brown Onion Sauce Mashed Potatoes Brussels Sprouts Fresh Apple	21 Salsa Chicken Broccoli and Carrots Brown Rice Pilaf Diced Peaches	22 Baked Ziti with Cheese Parmesan Cheese Prince William Vegetables Garlic Bread Mixed Fruit	23 Diced Ham over Greens w/ Shredded Carrot- Cherry Tomato-Diced Peppers- Red Cabbage Shredded Swiss Cheese Ranch Potato Salad Rye Bread Oreo Cookie	24 Impossible Quiche w/ Feta Cheese and Spinach Hash Brown Potato Garden Vegetable Potato Roll Tapioca Pudding
27 NO MEALS SERVED 	28 Hawaiian Chicken with Mango Sauce Mandarin Rice Mixed Vegetables Diced Pears	29 NO MEALS SERVED	30 Baked Chicken Marsala with Mushrooms Whole Wheat Pasta Broccoli Unsweetened Blueberry Apricot Crumble	31 Baked Fish Mixed Vegetables Steamed Brown Rice Whole Wheat Bread Blueberry Muffin

Dial-A-Bus
 845-457-2622

Village of Montgomery



Call
 Before 12noon