

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  
**MARCH 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
				
4 Italian Meatballs Whole Wheat Pasta Italian Vegetables Diced Pears	5 Marinated Chicken Breast Savory Rice California Blend Vegetables Yogurt	6 Lemon Pepper Fish 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 CENTER CLOSED	13 Chicken Stir Fry Brown Rice Gingered Carrots Pineapple Tidbits	14 Ham and Potato Stew Steamed Carrots Vanilla Pudding with Oreo Crumble	15 Baked Breaded Fish Hash Brown Potato Italian Blend Vegetables Fig Newton
18 Baked Chicken Parmigiana Whole Wheat Pasta Green Beans with Tomato Teddy Grahams	19 CENTER CLOSED FOR ELECTIONS	20 Chicken Tetrizzini 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 Veggies Green Beans with Mushrooms and Garlic	28 Baked Ham Potatoes O'Brien Collard Greens with Bacon & Onion Pound Cake	29 Fish Picatta Roasted Potato Garden Vegetables Lorna Doones

**Dial-A-Bus**

845-457-2622

Call  
 Before 12noon

