

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
January 2020
 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 Beef Stew Spinach Chocolate Pudding	2 Beef Barely Soup Collard Greens with Bacon and Onions Pound Cake	3 Fish Picatta Bowtie Pasta Garden Vegetables Lorna Doones
6 Italian Meatballs Whole Wheat Pasta Italian Vegetables Diced Pears	7 Jambalaya Green Beans and Carrots Yogurt	8 Lentil Soup with Ham Winter Blend Vegetables Applesauce	9 Gourmet Chicken Salad Lettuce and Tomato Wedges Roasted Vegetables Pear Crisp	10 Impossible Quiche with Broccoli and Swiss Hash Brown Potato Mixed Vegetables Nutrigrain Bar
13 Chicken Cacciatore Steamed Brown Rice Italian Green Beans with Tomato Sauce Pear Cup	14 Hungarian Goulash Egg Noodles Mixed Vegetables Jello with Fruit	15 Artichoke Chicken Rotini Pasta Green Peas with Pimentos Pineapple Tidbits	16 Ham and Potato Stew Honey Glazed Brussel Sprouts Vanilla Pudding with Oreo Crumble	17 Baked Breaded Fish Baked Sweet Potato Italian Blend Vegetables Fig Newton
20 No Meals Martin Luther King Jr. Day	21 Baked Pork Loin Mashed Potatoes Winter Blend Vegetables Applesauce	22 Chicken Tetrzzini Steamed Carrots Orange Sauced Peaches	23 Chopped Salad with Diced Turkey Caesar Dressing Lady Fingers with Lemon Pudding	24 Eggplant Parmesan Whole Wheat Pasta Broccoli Diced Pineapple
27 Macaroni and Cheese Roated Plum Tomato Brussel Sprouts Diced Peach Cup	28 Turkey and Biscuits Zucchini and Carrots Nutrigrain Bar	29 Sweet and Sour Chicken White Rice with Veggies Green Beans with Mushrooms And Garlic Diced Pineapple	30 Beef Barely Soup Collard Greens with Bacon and Onions Pound Cake	31 Fish Picatta Bowtie Pasta Garden Vegetables Lorna Doones



845-457-2622

Village of Montgomery

Call
 Before 12noon

