



ULSTER COUNTY OFFICE FOR THE AGING SENIOR NUTRITION/DINING PROGRAM

Susan Koppenhaver, Director

Ellen Scheerer, Nutrition Coordinator



~July 2020~

Monday	Tuesday	Wednesday	Thursday	Friday
For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180	Meals Prepared by Gateway Hudson Valley <i>Milk is provided</i> <i>WW = whole wheat</i> "Menu Subject to Change"	Cold 1 Plate Chicken Salad Greens, Tomatoes & Cucumbers, Chickpeas, Potato Salad, Rye Bread, Pineapple Chunks	2 Roast Turkey & Gravy Mashed Potato, Spinach WW Roll Apple Crisp	JULY 4th 3 CLOSED Chicken Parmesan Roasted Potato Oriental Mixed Vegetable WW Roll Pears
6 Chili Con Carne Brown Rice Cauliflower WW Bread Rice Pudding with Raisins	7 Red Pepper Quiche Corn Green Beans WW Roll Fruited Gelatin	8 Chicken Dijon Parsley Potato Carrots Rye Bread Fruit Cocktail	Cold 9 Plate Chef's Salad Plate Cheese, Turkey, Greens, Tomatoes, Kidney Beans WW Sandwich Roll Yogurt Fruit Parfait	10 Beef Burgundy Buttered Noodles Broccoli WW Bread Peach Crisp
13 Baked Chicken & Gravy Mashed Potato Carrots WW Bread Pears	14 Swedish Meatballs Buttered Noodles Red Cabbage WW Roll Fresh Orange	15 Turkey Cutlet & Mushroom Gravy Sweet Potato Brussels Sprouts Rye Bread Applesauce Cake	16 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Roll Fruit Cocktail	Cold 17 Plate Seafood Salad Plate Potato Salad, Greens, Carrots, Cucumbers, Chickpeas WW Bread Chocolate Pudding with Fruit
20 Goulash Whole Wheat Noodles Green Beans WW Bread Tropical Mixed Fruit	Cold 21 Plate Balsamic Chicken Macaroni Salad Greens, Tomatoes, Cucumbers, Carrots, Kidney Beans WW Roll Vanilla Pudding Granola Topping	22 Beef & Peppers Brown Rice Pilaf Harvard Beets Rye Bread Fruit Cocktail	23 BBQ Pulled Pork Red Potatoes Cooked Greens Coleslaw WW Sandwich Roll Pineapple Chunks	24 Meatloaf & Gravy Mashed Potato Monaco Mixed Vegetables WW Bread Fresh Fruit
27 Sweet & Sour Chicken Brown Rice Broccoli Cuts WW Bread Mandarin Oranges	28 Spaghetti & Meat Sauce Mixed Vegetables WW Roll Tapioca Pudding with Fruit	Cold 29 Plate Turkey Salad Plate Potato Salad Carrot Raisin Salad Greens, Rye Bread, Spice Cake with Pineapple	30 Broccoli Quiche Winter Squash Cauliflower WW Roll Fruit Cocktail	31 Baked Chicken & Gravy Mashed Potato Spinach WW Bread Peaches