




**SARATOGA COUNTY OFFICE FOR THE AGING-October 2018  
CONGREGATE & HOME DELIVERED MEALS 363-4020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> Baked Fish w/Creamy Dijon Sauce over Brown Rice Sonoma Vegetables Warm Berry Crisp	<b>2</b> Chicken Alfredo Pasta Peas Pears	<b>3</b> Meatball Sub Yellow Squash Cauliflower Fruit Cocktail	<b>4</b> Sausage Patty w/Peppers & Onions on Roll Red Bliss Potatoes Carrots Peaches	<b>5</b> Ham Salad Cold Plate Sweet Potato Salad Coleslaw Pineapple
<b>8</b> <b>CLOSED</b> 	<b>9</b> Chop Steak Parmesan Pasta Zucchini & Yellow Squash Chocolate Chip Cookies	<b>10</b> BBQ Pork Chop Mashed Potatoes Vegetable Trio Apple Crisp	<b>11</b> Oven Fried Chicken w/Gravy Sweet Potatoes Green Beans Tropical Fruit	<b>12</b> Seafood Salad Cold Plate Cornbread Pea Salad Fresh Orange
<b>15</b> Smothered Steak A La King Oven Browned Potatoes Beets Mandarin Oranges	<b>16</b> Roast Pork w/Gravy Stuffing Spinach Pineapple	<b>17</b> Chicken w/Spinach & Feta Cheese sauce Buttered Pasta Sonoma Blend Vegetables Pears	<b>18</b> Spanish Beef & Rice Casserole Carrots Garlic Cornbread Fruit Jell O w/Whipped Topping	<b>19</b> Tuna Salad on Wheat Marinated Green Beans Coleslaw Peaches
<b>22</b> Chicken Cacciatore Pasta w/Sauce Wax Beans Yogurt	<b>23</b> Seafood Newburg over Rice Carrots Dinner Roll Mandarin Oranges	<b>24</b> Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Plum Fruit	<b>25</b> Meatloaf w/Gravy Mashed Potatoes Broccoli Chocolate Pudding w/Whipped Topping	<b>26</b> Turkey Salad on Sandwich Roll Pasta Salad Tomato & Cucumber Salad Fruit Cocktail
<b>29</b> Pork Loin w/Fiesta Sauce Red Bliss Potatoes Mixed Vegetables Pears	<b>30</b> Honey Baked Chicken Brown Rice Vegetable Trio Dinner Roll Peaches	<b>31 Halloween Special</b> Beef Stew Warm Biscuit Butternut Squash Chocolate Cake w/Orange Colored Frosting 		

**Menu Subject To Change**

Coffee, Tea and Butter are served daily at sites. The suggested contribution is \$2 per meal. There is a \$6 fee for guests under the age of 60. Please make checks payable to: **Northeast Dining and Lodging, c/o Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY 12020**