

April 2026 Menu

Dutchess County Office for the Aging - Nutrition
 114 Delafield St
 Poughkeepsie NY 12601
 845-486-2555 • dutchessny.gov/OFANutrition



All meals served with 1/2 pint of 1% milk • Meals subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>If you have a food allergy, contact OFA at 845-486-2555 or ofa@dutchessny.gov</i></p>		1	2	3
		Salisbury Steak Mashed Potato Sliced Carrots Whole Wheat Bread Fruit Cup	Chicken Sandwich Rice and Beans Mixed Vegetable Hamburger Roll Sliced Apples	Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Peaches
6	7	8	9	10
Chili and Cheese Rice Broccoli Whole Wheat Bread Cookies	Turkey Macaroni Casserole Mixed Vegetables Whole Wheat Bread Pineapples	Italian Meatballs Pasta and Sauce Italian Blend Vegetables Whole Wheat Bread Pears	Chicken Marsala Mashed Potatoes Green Beans Whole Wheat Bread Pudding	Cheese Omelet Hash Browns Diced Carrots Whole Wheat Bread Tropical Fruit
13	14	15	16	17
Hamburger on a Roll Baked Beans Buttered Corn Hamburger Roll Cookies	Chicken Parmesan Pasta and Sauce Italian Mix Vegetables Whole Wheat Bread Peaches	Roast Pork and Gravy Red Potatoes Green Beans Whole Wheat Bread Applesauce	Sweet and Sour Chicken with Mixed Vegetables Rice Whole Wheat Bread Fruit Cocktail	Stuffed Shells in Marinara Sauce Broccoli Whole Wheat Bread Pudding
20	21	22	23	24
Swedish Meatballs Egg Noodles Scandinavian Mix Vegetables Whole Wheat Bread Cookies	Chicken and Gravy Mashed Potatoes Buttered Peas Whole Wheat Bread Pears	Sloppy Joe Rice Green Beans Whole Wheat Bread Pineapple	BBQ Rib Parslied Potatoes Capri Mix Vegetables Whole Wheat Bread Applesauce	Fish Sandwich Rice and Beans Sliced Carrots Hamburger Roll Tropical Fruit
27	28	29	30	<p><i>OFA Summer Picnics Registration Opens Friday, May 1st</i></p>
Chicken Creole with Mixed Vegetables Red Potatoes Whole Wheat Bread Cookies	Kielbasa and Sauerkraut Hash Brown Spring Mixed Vegetables Whole Wheat Bread Peaches	Chicken Sandwich Baked Beans Buttered Corn Hamburger Roll Jello	Meatloaf and Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Sliced Apples	



EATING WELL ON A BUDGET



Eat a nutritious diet and stretch your food dollar with the following money-saving tips.

Plan Ahead

- Cook from scratch when possible. Cooking at home will yield financial and health benefits.
- Budget wisely! Know how much money you have to spend on food.
- Plan meals around items that are on sale and utilize foods you already have on hand first.
- Make a shopping list and stick to it. Avoid shopping when hungry.

Waste Nothing

- Store food right away after you shop to keep it fresh and safe.
- If you buy large amounts of a fresh food, divide, label and store it in your freezer for later use.
- Use foods with the earliest expiration date.
- Learn how to use most of the vegetable or fruit—stems and all!
- Eat your leftovers at lunch or create new meals with leftover ingredients.

Shop Smarter

- Choose store brands or private label brands over national brands.
- Buy shelf-stable items on sale that you use regularly.
- Choose larger sizes of food. Larger packages of food tend to have a lower unit price.
- Check “sell by” or “use by” dates and purchase the freshest food possible.
- When selecting fresh produce, buy in-season and only what you can use before it spoils. Canned and frozen vegetables and fruits can be just as nutritious as fresh and usually cost less.
- Opt for these budget-friendly whole grains: brown rice, whole grain pasta, cereal, crackers and breads, plain oatmeal or popcorn.
- Swap out meat with beans, split peas, lentils and eggs, which cost far less. Select canned tuna, salmon or sardines vs fresh or frozen fillets.
- Skip the cookie and chip aisle. Out of sight, out of mind.
- Drink water instead of soft drinks and other sugary beverages.