

# June 2026 Menu

Dutchess County Office for the Aging - Nutrition  
 114 Delafield St  
 Poughkeepsie NY 12601  
 845-486-2555 • [dutchessny.gov/OFANutrition](http://dutchessny.gov/OFANutrition)



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Turkey Macaroni Casserole Green Beans Whole Wheat Bread Cookies	Chicken Parmesan Pasta and Sauce Italian Mixed Vegetables Whole Wheat Bread Pineapple	Chili and Cheese Rice Scandinavian Mixed Vegetables Whole Wheat Bread Fruit Cocktail	Roast Pork and Gravy Red Potatoes Broccoli Whole Wheat Bread Applesauce	Hamburger Baked Beans Diced Carrots Hamburger Rolls Pudding
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Cheese Omelet Hash Brown Mixed Vegetables Whole Wheat Bread Cookies	Italian Meatballs Pasta in Sauce Green Beans Whole Wheat Bread Peaches	Macaroni and Cheese Mixed Vegetables Whole Wheat Bread Sliced Apples	Chicken Patty Black Beans and Rice Sliced Carrots Hamburger Roll Diced Pears	Stuffed Shells Broccoli Whole Wheat Bread Tropical Fruit
<b>15 - Father's Day Lunch</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19 - Juneteenth</b>
Chicken Marsala Red Potatoes Green Beans Whole Wheat Bread Cookies	BBQ Ribs Rice Green Peas Whole Wheat Bread Pineapple	Sweet and Sour Ham Sweet Potatoes Brussels Sprouts Whole Wheat Bread Applesauce	Seafood Salad Pasta Salad Corn Relish Salad Whole Wheat Bread Peaches	<b>OFA Office and Friendship Centers Closed</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Swedish Meatballs Egg Noodle Pasta Mixed Vegetables Whole Wheat Bread Fruit Cocktail	Sloppy Joe Rice Broccoli Whole Wheat Bread Pears	Meatloaf and Gravy Red Potatoes Buttered Peas Whole Wheat Bread Sliced Apples	Kielbasa Hash Brown Summer Mixed Vegetables Whole Wheat Bread Mandarin Orange	Chicken Nuggets Rice and Beans Sliced Carrots Whole Wheat Bread Pudding
<b>29</b>	<b>30</b>	<p><i>If you have a food allergy, contact OFA at 845-486-2555 or <a href="mailto:ofa@dutchessny.gov">ofa@dutchessny.gov</a></i></p>		<p><b>OFA Summer Picnics - Schedule at <a href="http://dutchessny.gov/ofapicnics">dutchessny.gov/ofapicnics</a></b></p>
Stewed Chicken with Mixed Vegetables Rice Whole Wheat Bread Pineapple	Fish Sandwich Black Beans and Rice Broccoli Cookie			



# 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.