



August 2017

Hot Meals

Senior Services of Albany

and the Albany County Department for Aging Nutrition Program

All meals provide ½ pint 1% Milk and Butter Spread. Lower sodium, no added salt products used. Whole wheat and other whole grain products used. Most fruits in juice or unsweetened. Most items are subject to last minute substitutions. 7/27/2017

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Ham & Bean Casserole Spinach Corn Bread Fruited Yogurt	Sloppy Joe on Wheat Bun Seasoned Zucchini & Tomato Watermelon	Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blend Veggies Wheat Bread Brownie	Baked Ziti w/Cheese Romaine Salad w/Carrots, Tomato, Cucumber Italian Dressing Wheat Dinner Roll Peaches & Cream
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
BBQ Chicken California Blended Veggies Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	Roast Pork w/Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Fresh Pear	Baked Chicken w/Mushroom Gravy Italian Blended Veggies Rice Rye Bread Strawberries w/Whip Topping	Lemon Garlic Baked Fish Baked Sweet Potato Spinach Wheat Dinner Roll Fresh Melon Cup
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
American Goulash Italian Blended Veggies Wheat Bread Applesauce Cake	Chicken Cacciatore Broccoli Rice Wheat Bread Pears	Beef Tips w/Brown Gravy Parsley Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Turkey Tetrazzini w/Peas Brussel Sprouts Wheat Bread Mandarin Oranges	Potato Crunch Fish Peas Mashed Sweet Potatoes Rye Bread Ambrosia
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Citrus Marinated Chicken Mixed Veggies Grape Juice Rice Wheat Bread Brownie	Mac & Cheese Stewed Tomatoes California Blended Veggies Wheat Bread Mandarin Oranges	BBQ Pulled Pork Seasoned Oven Roasted Potatoes Cole Slaw Wheat Bun Ambrosia Salad	Baked Fish w/Tomato Salsa Spinach Rice Pilaf Wheat Bread Pineapple	Meatloaf w/Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
Lasagna Roll-Ups w/Marinara Sauce Italian Blended Veggies Wheat Italian Bread Tapioca Pudding	Beef & Broccoli Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Peach Glazed Chicken Seasoned Zucchini & Tomato Apple Juice Rice Rye Bread Brownie	Spanish Rice w/Beef & Beans Green Beans Corn Bread Fresh Cantaloupe	