

# AUGUST



phillipmartin.info

**August  
2018**

**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 substitute

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday 1</b>	<b>Thursday 2</b>	<b>Friday 3</b>	<b>Saturday 4</b>	<b>Sunday 5</b>
		<b>Ham &amp; Bean Casserole</b> Spinach Corn Bread Fruit Yogurt	<b>Baked Ziti w/ Cheese</b> Italian Blend Dinner Roll Peaches & Cream	<b>Beef Stroganoff</b> Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie	<b>Honey Mustard Chicken</b> Roasted Sweet Potatoes California Blend Dinner Roll Mandarin Oranges	<b>Turkey w/ Gravy</b> Mashed Potatoes Mixed Vegetables Rye Bread Applesauce
<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>	<b>Saturday 11</b>	<b>Sunday 12</b>
<b>BBQ Chicken</b> California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie	<b>Roasted Pork w/ Gravy</b> Mashed Potatoes Green Beans Stuffing Wheat Bread Applesauce	<b>Chicken Cacciatore</b> Broccoli Rice Dinner Roll Pineapple	<b>Beef Tips w/ Brown Gravy</b> Egg Noodles Parsley Carrots Fruit Juice Wheat Bread Rice Pudding	<b>Lemon Garlic Baked Fish</b> Mashed Sweet Potatoes Sautéed Summer Squash Dinner Roll Brownie	<b>Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Beets Wheat Bread Peaches & Cream	<b>Greek Chicken</b> Rice Spinach Wheat Bread Tropical Fruit Salad

<b>Monday 13</b>	<b>Tuesday 14</b>	<b>Wednesday 15</b>	<b>Thursday 16</b>	<b>Friday 17</b>	<b>Saturday 18</b>	<b>Sunday 19</b>
<b>American Goulash</b> Italian Blend Elbow Noodles Wheat Bread Mandarin Oranges	<b>Baked Chicken w/ Mushroom Gravy</b> Green Beans Whipped Sweet Potatoes Rye Bread Strawberries with Topping	<b>Cheese Burger</b> Roasted Potatoes Broccoli Hamburger Bun Pear	<b>Turkey Tetrazzini w/ Peas</b> Spaghetti Brussels' Sprouts Orange Juice Wheat Bread Applesauce Cake	<b>Potato Crunch Fish</b> Mashed Potatoes Peas & Carrots Rye Bread Peaches	<b>Sweet &amp; Sour Pork Loin</b> Rice California Blend Cranberry Juice Dinner Roll Vanilla Pudding	<b>Beef Chili</b> Spinach Corn Bread Fruit Cocktail
<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thursday 23</b>	<b>Friday 24</b>	<b>Saturday 25</b>	<b>Sunday 26</b>
<b>Baked Fish w/ Tomato Salsa</b> Rice Pilaf California Blend Apple Juice Wheat Bread Lemon Pudding	<b>Macaroni &amp; Cheese</b> Seasoned Zucchini & Tomatoes Dinner Roll Pineapple	<b>Chicken w/ Honey Mustard Sauce</b> Mashed Sweet Potato Green Beans Dinner Roll Apricots	<b>Barbeque Pulled Pork</b> Oven Roasted Potatoes Coleslaw Wheat Bun Oatmeal Raisin Cookie	<b>Meatloaf w/ Mushroom Gravy</b> Mashed Potatoes Broccoli Wheat Bread Applesauce	<b>Marinated Citrus Chicken</b> Rice Mixed Vegetables Grape Juice Wheat Bread Brownie	<b>Pepper Steak</b> Egg Noodles Mixed Vegetables Wheat Bread Plums
<b>Monday 27</b>	<b>Tuesday 28</b>	<b>Wednesday 29</b>	<b>Thursday 30</b>	<b>Friday 31</b>		
<b>Lasagna Roll-Ups w/ Marinara Sauce</b> Italian Blend Vegetables Italian Bread Tapioca Pudding	<b>Oregano Lemon Chicken</b> Garlic Rosemary Roasted Potatoes California Blend Cranberry Juice Rye Bread Applesauce Cake	<b>Beef &amp; Broccoli</b> Rice Carrots Dinner Roll Blueberries	<b>Hungarian Goulash</b> Spinach Dinner Roll Melon in Season	<b>Peach Glazed Chicken</b> Mashed Sweet Potatoes Sautéed Summer Squash Rye Bread Brownie		