



December 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.
11/29/2017

				Friday 1	Saturday 2	Sunday 3
				Baked Ziti Italian Blended Vegetables Italian Bread Chocolate Pudding	American Goulash Peas Wheat Bread Apricots	Italian Herbed Chicken Broccoli Whipped Sweet Potatoes Wheat Bread Pears
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
Spanish Rice Carrots Corn Bread Brownie	Herbed Chicken w/ Gravy Sweet Potatoes & Apples Broccoli Dinner Roll Tapioca Pudding	Spaghetti w/ Meat Sauce Italian Blend Vegetables Italian Bread Pound Cake w/ Blueberries	BBQ Pulled Pork Roasted Red Potatoes Coleslaw w/ Carrots Hamburger Bun Cinnamon Applesauce	Lemon Oregano Fish Zucchini & Tomatoes Yellow Rice Rye Bread Citrus Ambrosia	Meatloaf w/ Gravy Mashed Sweet Potatoes Spinach Wheat Bread Mandarin Oranges	Tuna Noodle casserole Green Beans Apple Juice Wheat Bread Lorna Doones
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
Chicken & Rice Peas & Carrots Grape Juice Wheat Bread Chocolate Chip Cookie	Roast Turkey w/ Gravy Whipped Sweet Potatoes Carrots Stuffing Applesauce	Sweet & Sour Pork Asian Vegetables Rice Dinner Roll Pineapple Chunks	Meatloaf w/ Mushroom Gravy Mashed Potatoes Green Beans Corn Bread Pears	Potato Crunch Fish Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake w/ Frosting	Beef Stroganoff Brussels Sprouts Fruit Punch Wheat Bread Sugar Cookies	Mac & Cheese Mixed Veggies Wheat Bread Tropical Fruit Salad
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
Chicken Ala King Over Egg Noodles Peas Wheat Bread Strawberries w/ Whipped Topping	Roast Pork w/Gravy Oven Roasted Potatoes Carrots Dinner Roll Sliced Apples w/ Cinnamon w/ Whipped Topping	Chicken Teriyaki Asian Vegetables Rice Wheat Bread Pound Cake w/ Mixed Berries	Roast Beef w/Gravy Mashed Potatoes Broccoli Wheat Bread Pumpkin Pudding	Lasagna Roll-Up w/Marinara Sauce Italian Blend Vegetables Italian Bread Pears	Rosemary Chicken Sweet Baked Yams California Blend Dinner Roll Fruit cocktail	Hungarian Goulash Brussels Sprouts Wheat Bread Lemon Pudding
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	Meatloaf w/Tomato Gravy Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	Honey Mustard Chicken Seasoned Zucchini & Tomatoes Orange Juice Rice Dinner Roll Tapioca Pudding	Beef Stew V8 Juice Wheat Bread Fruit Cocktail	Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie	Beef Tips w/Gravy Carrots Mandarin Oranges Egg Noodles Dinner Roll Chocolate Pudding	