

Happy Valentine's Day

February 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 substitutions. 2/2/2018

Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
			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
5	6	7	8	9	10	11
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	Ham & Bean Casserole Green Beans Corn Bread Peaches Sugar Cookie
12	13	14	15	16	17	18
Chicken w/Peach Sauce Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	Chili Con Carne Spinach Corn Bread Fresh Apple	Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Vegetables Wheat Bread Pineapple Chunks	Sheppard's Pie Brussels' Sprouts Dinner Roll Citrus Ambrosia	Baked Fish Baked Sweet Potato Peas Cranberry Juice Rye Bread Brownie	Chicken Cacciatore California Blend Noodles Dinner Roll Peaches	Pepper Steak Peas & Carrots Rice Orange Juice Dinner Roll Fruited Yogurt
19	20	21	22	23	24	25
Cheeseburger w/Swiss Seasoned Oven Roasted Potatoes Brussels' Sprouts Hamburger Bun Blueberries	Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Parsley Carrots Grape Juice Wheat Bread Cherry Crisp	Turkey Tetrizzini Beets Dinner Roll Mandarin Oranges	Baked Ziti Italian Blended Vegetables Italian Bread Chocolate Pudding	American Goulash Peas Wheat Bread Apricots	Italian Herbed Chicken Broccoli Sweet Potatoes Wheat Bread Pears
26	27	28				
Spanish Rice Carrots Corn Bread Brownie	Herbed Chicken w/Gravy Roasted Sweet Potatoes Broccoli Dinner Roll Tapioca Pudding	Spaghetti w/Meat Sauce Italian Blended Veggies Italian Wheat Bread Pound Cake w/Blueberries				