



January 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.
1/3/2018

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
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 Brussel Sprouts Wheat 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
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
Cheeseburger w/Swiss Cheese 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 Tetrazzini Over Pasta Beets Dinner Roll Mandarin Oranges	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 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
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 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
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 Rolls Pineapple Chunks	Meatloaf w/Mushroom Gravy Mashed Potatoes Green Beans Corn Bread Pear	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 29	Tuesday 30	Wednesday 31				
Chicken Ala King Over Egg Noodles Peas Wheat Bread Strawberries w/ Whipped Topping	Roast Pork w/Gravy Oven Roasted Potatoes Carrots Dinner Rolls Sliced Apples w/ cinnamon w/ Whipped Topping	Chicken Teriyaki Asian vegetables Rice Wheat Bread Pound Cake w/ Mixed Berries				