



**July 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.  
7/2/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday 1
						<b>Greek Chicken</b> Rice Spinach Wheat Bread Tropical Fruit Salad
Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
<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 Tetrizzini 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
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
<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 16</b>	<b>Tuesday 17</b>	<b>Wednesday 18</b>	<b>Thursday 19</b>	<b>Friday 20</b>	<b>Saturday 21</b>	<b>Sunday 22</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	<b>Tuna Noodle Casserole</b> Brussels Sprout Pears Wheat Bread Sugar Cookie	<b>Spanish Rice</b> Green Beans Corn Bread Fruit Cocktail
<b>Monday 23</b>	<b>Tuesday 24</b>	<b>Wednesday 25</b>	<b>Thursday 26</b>	<b>Friday 27</b>	<b>Saturday 28</b>	<b>Sunday 29</b>
<b>Baked Fish w/ Tartar Sauce</b> Mashed Sweet Potato Cauliflower Dinner Roll Chocolate Pudding	<b>Turkey w/ Gravy</b> Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cake	<b>Chicken Parmesan</b> Broccoli Pasta Wheat Bread Strawberries w/ Whipped Topping	<b>Pepper Steak w/ Onions</b> Beets Egg Noodles Wheat Bread Lemon Cake	<b>Roasted Pork Loin w/ Gravy</b> Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce	<b>Baked Chicken w/ Gravy</b> Mashed Potatoes Brussels Sprouts Dinner Roll Apricots	<b>Potato Crunch Fish</b> Green Beans Orange Juice Rice Wheat Bread Sugar Cookie
<b>Monday 30</b>	<b>Tuesday 31</b>					
<b>Chicken Primavera</b> Pasta Wheat Bread Tropical Fruit Salad	<b>Sloppy Joe</b> Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun Watermelon					