



June 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.
6/1/2018

Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
				Meatloaf w/ Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce	Marinated Citrus Chicken Rice Mixed Vegetables Grape Juice Wheat Bread Brownie	Pepper Steak Egg Noodles Mixed Vegetables Wheat Bread Plums
4	5	6	7	8	9	10
Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables Italian Bread Tapioca Pudding	Oregano Lemon Chicken Garlic Rosemary Roasted Potatoes California Blend Cranberry Juice Rye Bread Applesauce Cake	Beef & Broccoli Rice Carrots Dinner Roll Blueberries	Hungarian Goulash Spinach Dinner Roll Melon in Season	Peach Glazed Chicken Mashed Sweet Potatoes Sautéed Summer Squash Rye Bread Brownie	Tuna Noodle Casserole Brussels Sprout Pears Wheat Bread Sugar Cookie	Spanish Rice Green Beans Corn Bread Fruit Cocktail
11	12	13	14	15	16	17
Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll Chocolate Pudding	Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cake	Chicken Parmesan Broccoli Pasta Wheat Bread Strawberries w/ Whipped Topping	Pepper Steak w/ Onions Beets Egg Noodles Wheat Bread Lemon Cake	Roasted Pork Loin w/ Gravy Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce	Baked Chicken w/ Gravy Mashed Potatoes Brussels Sprouts Dinner Roll Apricots	Potato Crunch Fish Green Beans Orange Juice Rice Wheat Bread Sugar Cookie

18	19	20	21	22	23	24
<p>Chicken Primavera Pasta Wheat Bread Tropical Fruit Salad</p>	<p>Sloppy Joe Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun Watermelon</p>	<p>Ham & Bean Casserole Spinach Corn Bread Fruit Yogurt</p>	<p>Baked Ziti w/ Cheese Italian Blend Dinner Roll Peaches & Cream</p>	<p>Beef Stroganoff Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie</p>	<p>Honey Mustard Chicken Roasted Sweet Potatoes California Blend Dinner Roll Mandarin Oranges</p>	<p>Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Rye Bread Applesauce</p>
25	26	27	28	29	30	
<p>BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie</p>	<p>Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Wheat Bread Applesauce</p>	<p>Chicken Cacciatore Broccoli Rice Dinner Roll Pineapple</p>	<p>Beef Tips w/ Brown Gravy Egg Noodles Parsley Carrots Fruit Juice Wheat Bread Rice Pudding</p>	<p>Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash Dinner Roll Brownie</p>	<p>Meatloaf w/ Gravy Garlic Mashed Potatoes Beets Wheat Bread Peaches & Cream</p>	