



July 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.
6/30/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 1	Sunday 2
					Meatloaf w/Gravy Garlic Mashed Potatoes Beets Wheat Bread Peaches	Greek Style Chicken Seasoned Tomatoes & Zucchini Grape Juice Creamy Lemon Pepper Orzo Wheat Bread Rice Pudding
Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9
American Goulash Italian Blended Veggies Wheat Bread Applesauce Cake	Chicken Cacciatore Broccoli Rice Wheat Bread Pears	Beef Tips w/Brown Gravy Parsley Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Turkey Tetrazzini w/Peas Brussel Sprouts Wheat Bread Mandarin Oranges	Potato Crunch Fish Peas Mashed Sweet Potatoes Rye Bread Ambrosia	Sweet & Sour Pork w/Sauce California Blend Veggies Cranberry Juice Rice Wheat Roll Oatmeal Raisin Cookie	Beef Chili Spinach Corn Bread Peaches
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
Citrus Marinated Chicken Mixed Veggies Grape Juice Rice Wheat Bread Brownie	Mac & Cheese Stewed Tomatoes California Blended Veggies Wheat Bread Mandarin Oranges	BBQ Pulled Pork Seasoned Oven Roasted Potatoes Cole Slaw Wheat Bun Ambrosia Salad	Baked Fish w/Tomato Salsa Spinach Rice Pilaf Wheat Bread Pineapple	Meatloaf w/Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce	Chicken w/Honey Mustard Sauce Mashed Sweet Potato Lima Beans Wheat Roll Apricots	Pepper Steak (Onions & Peppers) Mixed Veggies Rice Wheat Bread Oatmeal Raisin Cookie

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
Lasagna Roll-Ups w/Marinara Sauce Italian Blended Veggies Wheat Italian Bread Tapioca Pudding	Beef & Broccoli Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Peach Glazed Chicken Seasoned Zucchini & Tomato Apple Juice Rice Rye Bread Brownie	Spanish Rice w/Beef & Beans Green Beans Corn Bread Fresh Cantaloupe	Oregano Lemon Chicken Asparagus Garlic Rosemary Roasted Red Potatoes Wheat Bread Pound Cake w/ Blueberries	Tuna Noodle Casserole Brussel Sprouts Wheat Biscuit Sugar Cookie Pears	Hungarian Goulash Spinach Wheat Dinner Roll Fruit Cocktail
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
Chicken Parmesan Broccoli Pasta Wheat Bread Peaches	Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	Baked Fish Almandine Mashed Sweet Potatoes Cauliflower Wheat Dinner Roll Strawberry Shortcake	Roasted Pork Loin w/Gravy Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce	Pepper Steak (Onions & Peppers) Summer Squash Rice Wheat Bread Lemon Cake	Baked Chicken w/Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Apricots	Spanish Rice w/Beans Wax Beans Orange Juice Corn Bread Sugar Cookie
Monday 31						
Chicken Primavera (Italian Blended Veggies) Pasta Wheat Bread Tropical Fruit Salad						