



September 2017

Hot Meals

**Senior Services of Albany &**  
 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.  
 8/31/2017

				<b>Friday 1</b>	<b>Saturday 2</b>	<b>Sunday 3</b>
				<b>Oregano Lemon Chicken</b> Asparagus Garlic Rosemary Roasted Red Potatoes Wheat Bread Pound Cake w/ Blueberries	<b>Tuna Noodle Casserole</b> Brussels' Sprouts Wheat Biscuit Sugar Cookie Pears	<b>Hungarian Goulash</b> Spinach Wheat Dinner Roll Fruit Cocktail
<b>Monday 4</b>	<b>Tuesday 5</b>	<b>Wednesday 6</b>	<b>Thursday 7</b>	<b>Friday 8</b>	<b>Saturday 9</b>	<b>Sunday 10</b>
<b>Chicken Parmesan</b> Broccoli Pasta Wheat Bread Peaches	<b>Turkey w/Gravy</b> Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	<b>Baked Fish</b> Mashed Sweet Potatoes Cauliflower Wheat Dinner Roll Strawberry Shortcake	<b>Roasted Pork Loin w/Gravy</b> Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce	<b>Pepper Steak</b> Summer Squash Rice Wheat Bread Lemon Cake	<b>Baked Chicken w/Gravy</b> Mashed Potatoes Brussels' Sprouts Wheat Bread Apricots	<b>Spanish Rice w/Beans</b> Wax Beans Orange Juice Corn Bread Sugar Cookie
<b>Monday 11</b>	<b>Tuesday 12</b>	<b>Wednesday 13</b>	<b>Thursday 14</b>	<b>Friday 15</b>	<b>Saturday 16</b>	<b>Sunday 17</b>
<b>Chicken Primavera</b> (Italian Blended) Pasta Wheat Bread Tropical Fruit Salad	<b>Ham &amp; Bean Casserole</b> Spinach Corn Bread Fruited Yogurt	<b>Sloppy Joe on Wheat Bun</b> Seasoned Zucchini & Tomato Watermelon	<b>Honey Mustard Chicken</b> Seasoned Oven Roasted Sweet Potatoes California Blended Wheat Bread Brownie	<b>Baked Ziti w/Cheese</b> Brussels' Sprouts Wheat Dinner Roll Peaches & Cream	<b>Beef Stroganoff</b> Braised Red Cabbage Egg Noodles Wheat Biscuit Mandarin Oranges	<b>Turkey w/Gravy</b> Cranberry Sauce Mashed Potatoes Mixed Vegetable Rye Bread Applesauce
<b>Monday 18</b>	<b>Tuesday 19</b>	<b>Wednesday 20</b>	<b>Thursday 21</b>	<b>Friday 22</b>	<b>Saturday 23</b>	<b>Sunday 24</b>
<b>BBQ Chicken</b> California Blended Mashed Sweet Potatoes Dinner Roll Chocolate Pudding	<b>Roast Pork w/Gravy</b> Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	<b>Cheeseburger on Wheat Bun</b> Seasoned Roasted Potatoes Broccoli Fresh Pear	<b>Baked Chicken w/Mushroom Gravy</b> Italian Blended Rice Rye Bread Strawberries w/Topping	<b>Lemon Garlic Baked Fish</b> Baked Sweet Potatoes Spinach Wheat Dinner Roll Fresh Melon Cup	<b>Meatloaf w/Gravy</b> Garlic Mashed Potatoes Beets Wheat Bread Peaches	<b>Greek Style Chicken</b> Seasoned Tomatoes & Zucchini Grape Juice Creamy Lemon Pepper Orzo Wheat Bread Rice Pudding
<b>Monday 25</b>	<b>Tuesday 26</b>	<b>Wednesday 27</b>	<b>Thursday 28</b>	<b>Friday 29</b>	<b>Saturday 30</b>	
<b>American Goulash</b> Pasta Italian Blended Wheat Bread Applesauce Cake	<b>Chicken Cacciatore</b> Rice Broccoli Wheat Bread Pears	<b>Beef Tips w/Brown Gravy</b> Parsley Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	<b>Turkey Tetrazzini w/Peas</b> Brussels' Sprouts Wheat Bread Mandarin Oranges	<b>Potato Crunch Fish</b> Mashed Sweet Potatoes Peas Rye Bread Ambrosia	<b>Sweet &amp; Sour Pork w/Sauce</b> Rice California Blend Cranberry Juice Wheat Roll Oatmeal Raisin Cookie	