



**MARCH 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. 2/28/2018

Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
			<b>BBQ Pulled Pork</b> Roasted Red Potatoes Coleslaw w/ Carrots Hamburger Bun Cinnamon Applesauce	<b>Lemon Oregano Fish</b> Zucchini & Tomatoes Yellow Rice Rye Bread Citrus Ambrosia	<b>Meatloaf w/ Gravy</b> Mashed Sweet Potatoes Spinach Wheat Bread Mandarin Oranges	<b>Tuna Noodle casserole</b> Green Beans Apple Juice Wheat Bread Lorna Doones
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Chicken &amp; Rice</b> Peas & Carrots Grape juice Wheat Bread Chocolate Chip Cookie	<b>Roast Turkey w/ Gravy</b> Whipped Sweet potatoes Carrots Stuffing Applesauce	<b>Sweet &amp; Sour Pork</b> Asian Vegetables Rice Dinner Rolls Pineapple Chunks	<b>Meatloaf w/Mushroom Gravy</b> Mashed Potatoes Green Beans Corn Bread Pear	<b>Potato Crunch Fish</b> Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake w/ Frosting	<b>Beef Stroganoff</b> Brussels Sprouts Fruit Punch Wheat Bread Sugar Cookies	<b>Mac &amp; Cheese</b> Mixed Veggies Wheat Bread Tropical Fruit Salad
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Chicken Ala King Over Egg Noodles</b> Peas Wheat Bread Strawberries w/ Whipped Topping	<b>Roast Pork w/Gravy</b> Oven Roasted Potatoes Carrots Dinner Rolls Sliced Apples w/ cinnamon w/ Whipped Topping	<b>Chicken Teriyaki</b> Asian vegetables Rice Wheat Bread Pound Cake w/ Mixed Berries	<b>Roast Beef w/Gravy</b> Mashed Potatoes Broccoli Wheat Bread Pumpkin Pudding	<b>Lasagna Roll-Up w/Marinara Sauce</b> Italian Blend Vegetables Italian Bread Pears	<b>Rosemary Chicken</b> Sweet Baked Yams California Blend Dinner Roll Fruit Cocktail	<b>Hungarian Goulash</b> Brussels Sprouts Wheat Bread Lemon Pudding
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	<b>Meatloaf w/Tomato Gravy</b> Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	<b>Honey Mustard Chicken</b> Seasoned Zucchini & Tomatoes Orange Juice Rice Dinner Roll Tapioca Pudding	<b>Beef Stew</b> V8 Juice Wheat Bread Fruit Cocktail	<b>Mac &amp; Cheese</b> Stewed Tomatoes Wheat Bread Grape Juice Brownie	<b>Beef Tips w/Gravy</b> Carrots Mandarin Oranges Egg Noodles Dinner Roll Chocolate Pudding	<b>Ham &amp; Bean Casserole</b> Green Beans Corn Bread Peaches Sugar Cookie
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>Chicken w/Peach Sauce</b> Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	<b>Chili Con Carne</b> Spinach Corn Bread Fresh Apple	<b>Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Prince Edward Island Vegetables Wheat Bread Pineapple Chunks	<b>Sheppard's Pie</b> Brussels' Sprouts Dinner Roll Citrus Ambrosia	<b>Baked Fish</b> Baked Sweet Potato Peas Cranberry Juice Rye Bread Brownie	<b>Chicken Cacciatore</b> California Blend Noodles Dinner Roll Peaches	<b>Pepper Steak</b> Peas & Carrots Rice Orange Juice Dinner Roll Fruited Yogurt