



May 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 substitute



Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	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
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
Chicken Primavera Pasta Wheat Bread Tropical Fruit Salad	Sloppy Joe Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun Watermelon	Ham & Bean Casserole Spinach Corn Bread Fruit Yogurt	Baked Ziti w/ Cheese Italian Blend Dinner Roll Peaches & Cream	Beef Stroganoff Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie	Honey Mustard Chicken Roasted Sweet Potatoes California Blend Dinner Roll Mandarin Oranges	Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Rye Bread Applesauce

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie	Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Wheat Bread Applesauce	Chicken Cacciatore Broccoli Rice Dinner Roll Pineapple	Beef Tips w/ Brown Gravy Egg Noodles Parsley Carrots Fruit Juice Wheat Bread Rice Pudding	Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash Dinner Roll Brownie	Meatloaf w/ Gravy Garlic Mashed Potatoes Beets Wheat Bread Peaches & Cream	Greek Chicken Rice Spinach Wheat Bread Tropical Fruit Salad
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
American Goulash Italian Blend Elbow Noodles Wheat Bread Mandarin Oranges	Baked Chicken w/ Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberries with Topping	Cheese Burger Roasted Potatoes Broccoli Hamburger Bun Pear	Turkey Tetrizzini w/ Peas Spaghetti Brussels' Sprouts Orange Juice Wheat Bread Applesauce Cake	Potato Crunch Fish Mashed Potatoes Peas & Carrots Rye Bread Peaches	Sweet & Sour Pork Loin Rice California Blend Cranberry Juice Dinner Roll Vanilla Pudding	Beef Chili Spinach Corn Bread Fruit Cocktail
Monday 28	Tuesday 29	Wednesday 30	Thursday 31			
Baked Fish w/ Tomato Salsa Rice Pilaf California Blend Apple Juice Wheat Bread Lemon Pudding	Macaroni & Cheese Seasoned Zucchini & Tomatoes Dinner Roll Pineapple	Chicken w/ Honey Mustard Sauce Mashed Sweet Potato Green Beans Dinner Roll Apricots	Barbeque Pulled Pork Oven Roasted Potatoes Coleslaw Wheat Bun Oatmeal Raisin Cookie			