



**November
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.
11/2/2018

Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
			<p>Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread Pears</p>	<p>Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting</p>	<p>Beef Stroganoff Over Noodles Brussel Sprout Blended Juice Whole Wheat Bread Chocolate Chip Cookie</p>	<p>Chicken & Rice Peas Dinner Roll Tropical Fruit Salad</p>
5	6	7	8	9	10	11
<p>Mac & Cheese Stewed Tomatoes Whole Wheat Bread Peaches & Sugar Cookie</p>	<p>Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Dinner Roll Sliced Apples w/ Cinnamon and Whipped Topping</p>	<p>Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread Pound Cake w/ Mixed Berries</p>	<p>Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread Pumpkin Pudding</p>	<p>2 Lasagna Roll-up Italian Blend Veg. Whole Wheat Bread Cherry Crisp</p>	<p>Rosemary Chicken Sweet Baked Yams California Blend Veg. Dinner roll Fruit Cocktail</p>	<p>Hungarian Goulash Over Noodles Brussel Sprouts Apple Juice Whole Wheat Bread Lemon Pudding</p>

12	13	14	15	16	17	18
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Tapioca Pudding	Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Whole Wheat Bread Pound Cake w/ Strawberries and Whip Topping	Honey Mustard Chicken Over Rice Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail	Beef Stew V-8 Juice Dinner Roll Lemon Pudding	Mac & Cheese Stewed Tomatoes Pineapple/ Orange Juice Whole Wheat Bread Brownie	Beef Tips w/ Gravy over Noodles Carrots Mandarin Oranges Dinner Roll Chocolate Pudding	Ham & Bean Casserole Green Beans Peaches Corn Bread Sugar Cookie
19	20	21	22	23	24	25
Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll Vanilla Pudding	Chili Con Carne Spinach Corn Bread Apple	Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll Pineapple Chunks	CLOSED Happy Thanksgiving 	Baked Fish w/Tartar Sauce Peas Baked Sweet Potatoes Pineapple/Orange Juice Rye Bread Brownie	Chicken w/ Peach Sauce Over Rice Broccoli Dinner Roll Fruited Yogurt	Pepper Steak Mashed Potatoes Peas & Carrots Dinner Roll Peaches
26	27	28	29	30		
Cheeseburger w/ Lettuce & Tomato Seasoned Oven Roasted Potatoes Brussel Sprouts Whole Wheat Bun Blueberries	Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes Grape Juice Rice Rye Bread Applesauce Cake	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp	Turkey Tetrazzini Over Spaghetti Beets Dinner Roll Mandarin Oranges	Baked Ziti Italian Blended Veg. Dinner Roll Chocolate Pudding		