

**November 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. 10/31/2017

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday 1</b>	<b>Thursday 2</b>	<b>Friday 3</b>	<b>Saturday 4</b>	<b>Sunday 5</b>
		<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 Pears	<b>Potato Crunch Fish</b> Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake	<b>Beef Stroganoff Egg Noodles</b> Brussels Sprouts Fruit Punch Wheat Bread Sugar Cookie	<b>Mac &amp; Cheese</b> Mixed Vegetables Wheat Bread Tropical Fruit
<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>	<b>Saturday 11</b>	<b>Sunday 12</b>
<b>Chicken Ala King Over Egg Noodles</b> Peas Wheat Bread Strawberries w/ Whipped Topping	<b>Pork Roast w/Gravy</b> Seasoned Oven Roasted Potatoes Carrots Dinner Roll Warm Sliced Apples w/Cinnamon	<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>Monday 13</b>	<b>Tuesday 14</b>	<b>Wednesday 15</b>	<b>Thursday 16</b>	<b>Friday 17</b>	<b>Saturday 18</b>	<b>Sunday 19</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 Biscuit 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>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thursday 23</b>	<b>Friday 24</b>	<b>Saturday 25</b>	<b>Sunday 26</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>Closed Thanksgiving</b>	<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
<b>Monday 27</b>	<b>Tuesday 28</b>	<b>Wednesday 29</b>	<b>Thursday 30</b>			
<b>Cheeseburger w/Swiss Cheese</b> Seasoned Oven Roasted Potatoes Brussels Sprouts Hamburger Bun Blueberries	<b>Baked Fish w/Lemon Herb Sauce</b> Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	<b>Salisbury Steak w/Mushroom Gravy</b> Mashed Potatoes Parsley Carrots Grape Juice Wheat Bread Cherry Crisp	<b>Turkey Tetrazzini Over Pasta</b> Beets Dinner Roll Mandarin Oranges			