



October 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.
9/29/2017

<p>Monday 2 Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse</p>	<p>Tuesday 3 Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping</p>	<p>Wednesday 4 Honey Mustard Chicken Season Zucchini & Tomatoes Orange Juice Rice Dinner Roll Tapioca Pudding</p>	<p>Thursday 5 Beef Stew (Peas, Carrots, Potatoes) V8 Wheat Biscuit Fruit Cocktail</p>	<p>Friday 6 Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie</p>	<p>Saturday 7 Beef Tips w/Gravy Carrots Mandarin Oranges Noodles Diner Roll Chocolate Pudding</p>	<p>Sunday 8 Ham & Bean Casserole Green Beans Corn Bread Peaches Sugar Cookie</p>
<p>Monday 9 Chicken w/Peach Sauce Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding</p>	<p>Tuesday 10 Chili Con Carne (Tomatoes & Beans) Spinach Corn Bread Fresh Apple</p>	<p>Wednesday 11 Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Vegetables Wheat Bread Pineapple Chunks</p>	<p>Thursday 12 Sheppard's Pie (Mixed Vegetables & Mashed Potatoes) Brussels' Sprouts Dinner Roll Citrus Ambrosia</p>	<p>Friday 13 Baked Fish w/Tartar Sauce Peas Baked Sweet Potatoes Cranberry Juice Rye Bread Brownie</p>	<p>Saturday 14 Chicken Cacciatore (Tomato, Onion, Peppers) California Blend Noodles Dinner Roll Peaches</p>	<p>Sunday 15 Pepper Steak (Onions & Peppers) Rice Orange Juice Dinner Roll Fruited Yogurt</p>
<p>Monday 16 Cheeseburger w/Swiss Seasoned Oven Roasted Potatoes Brussels' Sprouts Hamburger Bun Blueberries</p>	<p>Tuesday 17 Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake</p>	<p>Wednesday 18 Salisbury Steak w/Mushroom Gravy Mashed Potatoes Parsley Carrots Grape Juice Wheat Bread Cherry Crisp</p>	<p>Thursday 19 Turkey Tetrazzini (Peas & Pasta) Beets Dinner Roll Mandarin Oranges</p>	<p>Friday 20 Baked Ziti Tomato Sauce Italian Blended Vegetables Italian Bread Chocolate Pudding</p>	<p>Saturday 21 American Goulash Peas Wheat Bread Apricots</p>	<p>Sunday 22 Italian Herbed Chicken Broccoli Sweet Potatoes Wheat Bread Pears</p>
<p>Monday 23 Spanish Rice Tomatoes & Beans Carrots Corn Bread Brownie</p>	<p>Tuesday 24 Herbed Chicken w/Gravy Roasted Sweet Potatoes Broccoli Dinner Roll Tapioca Pudding</p>	<p>Wednesday 25 Spaghetti w/Meat Sauce Italian Blended Veggies Italian Wheat Bread Pound Cake w/Blueberries</p>	<p>Thursday 26 BBQ Pulled Pork Coleslaw w/Carrots Seasoned Red Potatoes Hamburger Bun Applesauce w/Cinnamon</p>	<p>Friday 27 Lemon Oregano Fish Stewed Tomatoes & Zucchini Yellow Rice Rye Bread Citrus Ambrosia</p>	<p>Saturday 28 Meatloaf w/Gravy Sweet Potatoes Spinach Wheat Bread Mandarin Oranges</p>	<p>Sunday 29 Tuna Noodle Casserole w/Peas Green Beans Apple Juice Wheat Biscuit Lorna Doone</p>
<p>Monday 30 Chicken & Rice w/Peas & Carrots Grape Juice Wheat Bread Chocolate Chip Cookie</p>	<p>Tuesday 31 Roasted Turkey w/Gravy Carrots Mashed Sweet Potatoes Whole Wheat Stuffing Applesauce</p>					

