



**October  
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.  
10/1/2018

<b>Monday 1</b>	<b>Tuesday 2</b>	<b>Wednesday 3</b>	<b>Thursday 4</b>	<b>Friday 5</b>	<b>Saturday 6</b>	<b>Sunday 7</b>
<b>Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll Tapioca Pudding	<b>Meatloaf w/Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower Whole Wheat Bread Pound Cake w/ Strawberries and Whip Topping	<b>Honey Mustard Chicken Over Rice</b> Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail	<b>Beef Stew</b> V-8 Juice Dinner Roll Lemon Pudding	<b>Mac &amp; Cheese</b> Stewed Tomatoes Pineapple/ Orange Juice Whole Wheat Bread Brownie	<b>Beef Tips w/ Gravy over Noodles</b> Carrots Mandarin Oranges Dinner Roll Chocolate Pudding	<b>Ham &amp; Bean Casserole</b> Green Beans Peaches Corn Bread Sugar Cookie
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Chicken Cacciatore Over Noodles</b> California Blend Veg. Dinner Roll Vanilla Pudding	<b>Chili Con Carne</b> Spinach Corn Bread Apple	<b>Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll Pineapple Chunks	<b>Sheppard's Pie</b> Brussel Sprouts Dinner Roll Fruit Cocktail	<b>Baked Fish w/Tartar Sauce</b> Peas Baked Sweet Potatoes Pineapple/Orange Juice Rye Bread Brownie	<b>Chicken w/ Peach Sauce Over Rice</b> Broccoli Dinner Roll Fruited Yogurt	<b>Pepper Steak</b> Mashed Potatoes Peas & Carrots Dinner Roll Peaches

15	16	17	18	19	20	21
<b>Cheeseburger w/ Lettuce &amp; Tomato</b> Seasoned Oven Roasted Potatoes Brussel Sprouts Whole Wheat Bun Blueberries	<b>Baked Fish w/ Lemon Herb Sauce</b> Stewed Tomatoes Grape Juice Rice Rye Bread Applesauce Cake	<b>Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp	<b>Turkey Tetrazzini Over Spaghetti</b> Beets Dinner Roll Mandarin Oranges	<b>Baked Ziti</b> Italian Blended Veg. Dinner Roll Chocolate Pudding	<b>American Goulash</b> Peas & Carrots Whole Wheat Bread Apricots	<b>Italian Herbed Chicken</b> Whipped Sweet Potatoes Broccoli Dinner Roll Pears & Sugar Cookie
22	23	24	25	26	27	28
<b>Spaghetti w/Meat Sauce</b> Italian Blended Veg. Dinner Roll Tapioca Pudding	<b>Herbed Chicken w/ Gravy</b> Baked Sweet Potatoes Apples Spinach Dinner Roll Brownie	<b>Spanish Rice</b> Carrots Corn Bread Pound Cake w/ Blueberries	<b>BBQ Pulled Pork</b> Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun Applesauce w/ Cinnamon	<b>Lemon Oregano Fish</b> Seasoned Zucchini & Tomatoes Rice Rye Bread Fruit Cocktail	<b>Meatloaf w/ Gravy</b> Mashed Sweet Potatoes Broccoli Whole Wheat Bread Mandarin Oranges	<b>Tuna Noodle Casserole</b> Green Beans Pineapple Chunks Whole Wheat Bread Lorna Doone
29	30	31				
<b>Chicken Chow Mein</b> Asian Veg. Whole Wheat Bread Strawberries w/ Whipped Topping	<b>Roast Turkey w/ Gravy</b> Mashed Potatoes Carrots Whole Wheat Stuffing Applesauce	<b>Sweet &amp; Sour Pork Over Rice</b> Broccoli Dinner Roll Pineapple Chunks				