



**September
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.

9/6/2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday 1 | Sunday 2 |
|--|--|---|--|---|---|---|
| | | | | | Tuna Noodle Casserole Brussels Sprout Pears Wheat Bread Sugar Cookie | Spanish Rice Green Beans Corn Bread Fruit Cocktail |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll Chocolate Pudding | 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 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 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 |

| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|--|---|---|--|--|--|--|
| 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 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 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 Tetrazzini 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 |