



**Happy
New Year!**

**January
2019**

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.
1/9/2019

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	Chili Con Carne Spinach Corn Bread Apple	Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll Pineapple Chunks	Sheppard's Pie Brussel Sprouts Dinner Roll Fruit Cocktail	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
7	8	9	10	11	12	13
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	American Goulash Peas & Carrots Whole Wheat Bread Apricots	Italian Herbed Chicken Whipped Sweet Potatoes Broccoli Dinner Roll Pears & Sugar Cookie

14	15	16	17	18	19	20
Spaghetti w/Meat Sauce Italian Blended Veg. Dinner Roll Tapioca Pudding	Herbed Chicken w/ Gravy Baked Sweet Potatoes Apples Spinach Dinner Roll Brownie	Spanish Rice Carrots Corn Bread Pound Cake w/ Blueberries	BBQ Pulled Pork Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun Applesauce w/ Cinnamon	Lemon Oregano Fish Seasoned Zucchini & Tomatoes Rice Rye Bread Fruit Cocktail	Meatloaf w/ Gravy Mashed Sweet Potatoes Broccoli Whole Wheat Bread Mandarin Oranges	Tuna Noodle Casserole Green Beans Pineapple Chunks Whole Wheat Bread Lorna Doone
21	22	23	24	25	26	27
Chicken Chow Mein Asian Veg. Whole Wheat Bread Strawberries w/ Whipped Topping	Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing Applesauce	Sweet & Sour Pork Over Rice Broccoli Dinner Roll Pineapple Chunks	Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread Pears	Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting	Beef Stroganoff Over Noodles Brussel Sprout Blended Juice Whole Wheat Bread Chocolate Chip Cookie	Chicken & Rice Peas Dinner Roll Tropical Fruit Salad
28	29	30	31			
Mac & Cheese Stewed Tomatoes Whole Wheat Bread Peaches & Sugar Cookie	Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Dinner Roll Sliced Apples w/ Cinnamon and Whipped Topping	Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread Pound Cake w/ Mixed Berries	Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread Pumpkin Pudding			