



**February
2019**

**Meals on
Wheels
Cold 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 are unsweetened. Most items are subject to last minute substitutions. 1/22/2019

Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1	Saturday, February 2	Sunday, February 3
				2 Lasagna Roll-up Italian Blend Veg. Whole Wheat Bread Cherry Crisp	Rosemary Chicken Sweet Baked Yams California Blend Veg. Dinner Roll Fruit Cocktail	Hungarian Goulash Over Noodles Brussel Sprouts Apple Juice Whole Wheat Bread Lemon Pudding
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8	Saturday, February 9	Sunday, February 10
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Tapioca Pudding	Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Whole Wheat Bread Pound Cake w/Strawberries and Whipped Topping	Honey Mustard Chicken over Rice Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail	Beef Stew V-8 Juice Dinner Roll Lemon Pudding	Mac & Cheese Stewed Tomatoes Pineapple/Orange Juice Whole Wheat Bread Brownie	Beef Tips w/Gravy over Noodles Carrots Mandarin Oranges Dinner Roll Chocolate Pudding	Ham & Bean Casserole Green Beans Peaches Corn Bread Sugar Cookie

Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15	Saturday, February 16	Sunday, February 17
Chicken Cacciatore over Noodles California Blend Veg. Dinner Roll Vanilla Pudding	Chili Con Carne Spinach Corn Bread Apple	Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Blend Veg. Dinner Roll Pineapple Chunks	Shephard'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
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22	Saturday, February 23	Sunday, February 24
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
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28			
Spaghetti and 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 Roasted Potatoes, coleslaw w/Carrots, Whole Wheat Bun, Applesauce w/Cinn.			