



March 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.
3/1/2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				Lemon Oregano Fish Seasoned Zucchini & Tomatoes Rice Rye Bread <i>Fruit Cocktail</i>	Meatloaf w/ Gravy Mashed Sweet Potatoes Broccoli Whole Wheat Bread <i>Mandarin Oranges</i>	Tuna Noodle Casserole Green Beans Pineapple Chunks Whole Wheat Bread <i>Lorna Doone</i>
4	5	6	7	8	9	10
Chicken Chow Mein Over Spaghetti Asian Veg. Whole Wheat Bread Strawberries w/ <i>Whipped Topping</i>	Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing <i>Applesauce</i>	Sweet & Sour Pork Over Rice Broccoli Dinner Roll <i>Pineapple Chunks</i>	Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears</i>	Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread <i>Lemon cake w/ Frosting</i>	Beef Stroganoff Over Noodles Brussels Sprout Blended Juice Whole Wheat Bread <i>Chocolate Chip Cookie</i>	Chicken & Rice Peas Dinner Roll <i>Tropical Fruit Salad</i>

11	12	13	14	15	16	17
Mac & Cheese Stewed Tomatoes Whole Wheat Bread <i>Peaches & Sugar Cookie</i>	Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Dinner Roll <i>Sliced Apples w/ Cinnamon and Whipped Topping</i>	Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread <i>Pound Cake w/ Mixed Berries</i>	Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread <i>Pumpkin Pudding</i>	2 Lasagna Roll-up w. Marinara Sauce Italian Blend Veg. Whole Wheat Bread <i>Cherry Crisp</i>	Rosemary Chicken Sweet Baked Yams California Blend Veg. Dinner roll <i>Fruit Cocktail</i>	Hungarian Goulash Over Noodles Brussels Sprouts Apple Juice Whole Wheat Bread <i>Lemon Pudding</i>
18	19	20	21	22	23	24
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i>	Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Whole Wheat Bread <i>Pound Cake w/ Strawberries and Whip Topping</i>	Honey Mustard Chicken Over Rice Seasoned Zucchini and Tomatoes Dinner Roll <i>Fruit Cocktail</i>	Beef Stew V-8 Juice Dinner Roll <i>Lemon Pudding</i>	Mac & Cheese Stewed Tomatoes Pineapple/ Orange Juice Whole Wheat Bread <i>Brownie</i>	Beef Tips w/ Gravy over Noodles Carrots Mandarin Oranges Dinner Roll <i>Chocolate Pudding</i>	Ham & Bean Casserole Green Beans Peaches Corn Bread <i>Sugar Cookie</i>
25	26	27	28	29	30	31
Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll <i>Vanilla Pudding</i>	Chili Con Carne Spinach Corn Bread <i>Apple</i>	Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll <i>Pineapple Chunks</i>	Sheppard's Pie Brussels Sprouts Dinner Roll <i>Fruit Cocktail</i>	Baked Fish w/Tartar Sauce Peas Baked Sweet Potatoes Pineapple/Orange Juice Rye Bread <i>Brownie</i>	Chicken w/ Peach Sauce Over Rice Broccoli Dinner Roll <i>Fruited Yogurt</i>	Pepper Steak Mashed Potatoes Peas & Carrots Dinner Roll <i>Peaches</i>