



**May
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.
4/23/2019

Monday	Tuesday	Wednesday1	Thursday2	Friday3	Saturday4	Sunday5
		Chicken Parmesan Pasta Broccoli Whole Wheat Bread Strawberries w/ Whipped Topping	Pepper Steak w/ Onion Egg Noodles Beets Dinner Roll Lemon Cake	Roasted Pork Loin w/ Gravy Roasted Sweet Potatoes Peas & Carrots Rye Bread Cinnamon Applesauce	Baked Chicken w/ Gravy Mashed Potatoes Brussels Sprouts Dinner Roll Apricots	Potato Crunch Fish Green Beans Orange Juice Rice Whole Wheat Bread Sugar Cookie
6	7	8	9	10	11	12
Chicken Divon w/ Broccoli, Pasta Carrots Whole Wheat Bread Tropical Fruit Salad	2 Lasagna Roll-Ups Italian Blend Dinner Roll Peaches	Ham & Bean Casserole Spinach Grape Juice Corn Bread Lemon Pudding	Turkey w/Gravy Mashed Potatoes Broccoli & Cauliflower WW Stuffing Applesauce Cake	Beef Stroganoff Over Noodles Braised Red Cabbage Applesauce Wheat Bread Brownie	Honey Mustard Chicken Roasted Sweet Potatoes Green Beans Dinner Roll Mandarin Oranges	Mac & Cheese Mixed veggies Rye Bread Pears
13	14	15	16	17	18	19
BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Oatmeal Raisin Cookie	Beef Tips w/ Gravy over Noodles Parsley Carrots Blended Fruit Juice WW Bread Rice Pudding	Chicken Cacciatore Rice Broccoli Dinner Roll Pineapple	Roast Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Applesauce	Lemon Garlic Fish Whipped Sweet Potatoes Sautéed Squash Dinner Roll Brownie	Meatloaf w/ Gravy Garlic Mashed Potatoes Beets Whole Wheat Bread Peaches	Greek Style Chicken Peas Rice Whole Wheat Bread Tropical Fruit Salad

20	21	22	23	24	25	26
American Goulash Italian Blended Dinner Roll Oreo Cookies	Baked Chicken w/Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberries	Turkey Tetrazzini over Spaghetti Brussels Sprouts Fruit Punch Whole Wheat Bread Applesauce Cake	Cheeseburger Seasoned Roasted Potatoes Broccoli Whole Wheat Bun Fresh Pear	Potato Crunch Fish Peas Mashed Potatoes Dinner Roll Peaches & Cream	Pork Loin w/ Sweet & Sour Sauce Carrots Apple Juice Rice Whole Wheat Bread Vanilla Pudding	Beef Chili Spinach Corn Bread Fruit Cocktail
27	28	29	30	31		
Chicken Fricassee w/Sauce California Blended s Mashed Potatoes Orange Juice Dinner Roll Lemon Pudding	Mac & Cheese Seasoned Zucchini & Tomatoes Whole Wheat Bread Pineapple	Honey Mustard Chicken Rice Pilaf Green Beans Apple Juice Whole Wheat Bread Chocolate Pudding	BBQ Pulled Pork Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun Oatmeal Raisin Cookie	Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli Whole Wheat Bread Applesauce		