


MENU - JANUARY, 2019

Rensselaer County - AGING "NUTRITION SERVICES" 19 THIRD Street, Troy 12180

TO RESERVE OR CANCEL A MEAL CALL: **TROY (518) 270-5349** LUNCH SERVED at NOON

Hoosick Falls 518-686-7561 Grafton 518-279-3485 Rensselaer: 518-463-2166 Schodack 518-477-6591

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The US Administration on Aging, Older Americans Act, Title III Nutrition Program, NYS Office for the Aging, & Rensselaer County help fund this Nutrition Program. Suggested "Contribution" for members is \$3.00</p>	<p>1) </p>	<p>2) POLLOCK Potatoes, Carrots, Chocolate Pudding</p>	<p>3) TURKEY pot pie, peas & carrots potatoes, Biscuit, Fresh Juice, Fruit 11:00 St. Peter's Assistance Program "SEEING THROUGH THE EYES OF OTHERS"</p>	<p>4) NATIONAL SPHAGETTI DAY... SPHAGHETTI & MEATBALLS Assorted Veggies, Bread Apple Sauce </p>
<p>7) SWISS STEAK Potato, Green Beans, Bread, Pears</p>	<p>8) HADDOCK Mashed Potatoes, Peas & Onions, Roll, Juice, Cookie</p>	<p>9) HAM Potato Salad, Cottage Cheese w/peach, Bread</p>	<p>10) CHICKEN Patty Sweet Potato, Assorted Veggies, Biscuit, Juice, Fruit</p>	<p>11) CHILI Rice, Assorted Veggies, Biscuit, Peaches</p>
<p>14) FISH Corn, Broccoli, Bread, Apple Sauce</p>	<p>15) LIVER Mashed Potatoes, Spinach, Bread, Juice, Granola Bar</p>	<p>16) CHICKEN Assorted Veggies, Roll, Ice Cream</p>	<p>17)  Stir Fry Veggies, Biscuit, Juice, Fruit</p>	<p>18) TURKEY Burger Rice, Assorted Veggies, Roll, Fruit</p>
<p>21) </p>	<p>22) VEAL Patty w/mushrooms, Mashed Potatoes, Broccoli, Roll, Juice</p>	<p>23) BBQ CHICKEN Patty Sweet Potato, Green Beans, Biscuit, Oreos</p>	<p>24) HOT DOGS w/Sauerkraut, Beans, Roll, Juice, Fruit</p>	<p>25) CRABMEAT Salad w/Lettuce, Macaroni Salad, Flatbread, Peaches</p>
<p>28) BACON CHEESE BURGER Tater Tots, Spinach, Roll, Fruit Cocktail</p> <p>* Menu Subject to Change *</p>	<p>29) POLLOCK Mashed Potatoes, Carrots, Juice, Apple</p>	<p>30) PORK CHOP Potatoes, Peas & Onions, Roll, Strawberry Shortcake =====</p> <p> SOUP ONCE A WEEK</p>	<p>31) CHICKEN Sweet Potato, Green Beans, Bread, Juice, Fruit</p>	<p>NUTRITION ABBREVIATIONS:</p> <ul style="list-style-type: none"> • NCS = NO CONCENTRATED SWEETS • Lo Na = LOW SALT • SOFT = LOW FIBER • UNS = UNSWEETENED