

MENU

Rensselaer County Department of Unified Family Services- AGING Nutrition Services- 518-270-2739

To Reserve or Cancel Call: Troy: 518-270-2740 Schodack: 518-477-6591 Rensselaer 518-463-2166

Hoosick Falls: 518-686-7561 Grafton: 518-279-3485

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>This program is made possible through funds from the NYS Office for the Aging, ACL and the generous support of Rensselaer County.</i></p>	<p><i>Nutrition Abbreviations: NCS-No Concentrated Sweets L/S-Low Sodium (salt) Soft-Low Fiber UNS-Unsweetened</i></p>	<p>1) </p>	<p>2) Potato Crunch Pollock Red Potato Diced Carrots Fruit Juice Yogurt</p>	<p>3) Creamy Macaroni & Cheese Zucchini & Tomatoes Cape Cod Blend Fresh Fruit Cup</p>
<p>6) Veal Pattie Marsala Mashed Potatoes Winter Squash White Bread Peaches</p>	<p>7) Chicken Pattie w/White Country Gravy Baked Potatoes Cut Green Beans Biscuit Fruit Juice Fruit Cocktail</p>	<p>8) Baked Ziti (seasoned beef, noodles & sauce) Tuscan Blend Italian Bread Ice Cream</p>	<p>9) Fish Square w/Tartar Sauce Confetti Rice Spinach Fruit Juice Fresh Fruit</p>	<p>10) Baked Sausage w/Pork Gravy Garlic Butter Noodles Steamed Broccoli Whole Wheat Bread Cinnamon Applesauce</p>
<p>13) Sloppy Joe Cut Corn Wax Beans Round Roll Tropical Fruit Soft: Pears</p>	<p>14) Salisbury Steak w/Old Fashioned Gravy Chef Potato Prince Edward Blend White Bread Fruit Juice Fresh Fruit</p>	<p>15) Potato Crunch Pollock w/Tartar Sauce Parmesan Mashed Potatoes 5 Way Mixed Veggies Pineapple Tidbits Soft: Mandarins</p>	<p>16) Chicken Breast w/BBQ Baked Sweet Potato Spinach Corn Bread Fruit Juice Fresh Fruit</p>	<p>17) Cheeseburger Tater Tots Sliced Carrots Round Roll Diced Peaches</p>
<p>20) </p>	<p>21) </p>	<p>22) Chicken Pattie Parmesan Pasta w/Sauce Tuscan Blend Italian Bread Sheet Cake NCS: Mandarins</p>	<p>23) L/S Hot Dogs Bush's Baked Beans Seasoned Sauerkraut Long Roll Fruit Juice Fresh Fruit</p>	<p>24) Chili w/Kidney Beans and Sour Cream White Rice Diced Carrots Biscuit Fruit Cocktail</p>
<p>27) Liver w/Bacon & Onions Mashed Potatoes Cut Green Beans Whole Wheat Bread Pears</p>	<p>28) Fish Square w/Tartar Sauce Red Potato Zucchini & Tomatoes Fruit Juice Yogurt</p>	<p>29) L/S Ham Steak w/Sweet Glaze Cabbage Mashed Sweet Potatoes Rye Bread Cookie NCS: Apricot 1/2's</p>	<p>30) Chicken Breast w/Rosemary Gravy Parslied Rice Peas & Onions Fruit Juice Fresh Fruit</p>	<p>31) Meatloaf w/Mushroom Gravy Buttery Mashed Potatoes Steamed Broccoli Dinner Roll Cinnamon Applesauce</p>

Suggested donation is \$3.00 per meal. Guests under 60 must pay \$5.00 per meal. No one is denied due to the inability to contribute.