

**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

**February 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
3) Potato Crunch Pollock Red Potato Diced Carrots Mandarin Oranges	4) Baked Sausage w/Pork Gravy Garlic Butter Noodles Cut Green Beans Whole Wheat Bread Fruit Juice Ice Cream	5) Asian Style Beef & Broccoli White Rice Biscuit Sheet Cake NCS: Apricot ½'s	6) Sliced Chicken Breast w/Gravy Mashed Sweet Potatoes 5 Way Mixed Veggies Fruit Juice Fresh Fruit	7) Creamy Macaroni & Cheese Zucchini & Tomatoes Cape Cod Blend Melon Cup
10) Veal Pattie Marsala Mashed Potatoes Winter Squash White Bread Peaches	11) Chicken Pattie Parmesan Spaghetti w/Sauce Tuscan Blend Italian Bread Fruit Juice Yogurt	12) Sliced Ham Cold Plate w/Mustard Potato Salad Pickled Beet Salad Rye Bread Chocolate Pudding	13) Salisbury Steak w/Old Fashioned Gravy Chef Potato Prince Edward Blend White Bread Fruit Juice Fresh Fruit	14) Open Faced Hot Turkey Sandwich Buttery Mashed Potatoes Peas & Onions Cinnamon Applesauce
17) 	18) Baked Ziti Cape Cod Blend Italian Bread Fruit Juice Cookie NCS: Sliced Pears	19) Potato Crunch Pollock w/Tartar Sauce Parmesan Mashed Potatoes 5 Way Mixed Veggies Pineapple Tidbits Soft: Mandarins	20) Chicken Breast w/Rosemary Gravy Baked Sweet Potato Peas & Onions Fruit Juice Fresh Fruit	21) Chili w/Kidney Beans and Sour Cream White Rice Diced Carrots Biscuit Fruit Cocktail
24) Cheeseburger Tater Tots Zucchini & Tomatoes Round Roll Strawberry Cup Soft: Apricot ½'s	25) L/S Hot Dogs Bush's Baked Beans Seasoned Sauerkraut Long Roll Fruit Juice Fresh Fruit	26) Breaded Fish Square w/Tartar Sauce Red Potato Spinach Fruit Juice Pears	27) Meatloaf w/Mushroom Gravy Buttery Mashed Potatoes Steamed Broccoli Dinner Roll Ice Cream	28) Crabmeat Salad Cold Plate 3 Bean Salad Tomato & Onion Salad Italian Bread Diced Peaches
	<i>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.</i>		<i>Nutrition Abbreviations: NCS-No Concentrated Sweets L/S-Low Sodium (salt) Soft-Low Fiber UNS-Unsweetened</i>	<i>This Program is made possible through funds from the NYS Office for the Aging, ACL and the generous support of Rensselaer County.</i>