

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

To RESERVE OR CANCEL CALL: Troy 270-5349 Schodack - 477-6591 Rensselaer - 463-2166 Hoosick Falls 686-7561 Grafton 279-3485

**MENU**

## November 2016

\* Menu Subject to Change\*

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Veal Pattie w/Marsala gravy (1)</b> Baked Potatoes Mixed Veggies Whole Wheat Bread Apple Juice Whole Orange	<b>Macaroni &amp; Cheese w/diced (2)</b> <b>Tomatoes</b> California Blend Pudding w/topping	<b>Italian Style Sausage &amp; (3)</b> <b>Peppers w/sauce</b> Italian Blend Wide Noodles, Roll Orange Juice <i>celebrating Oct</i> Chocolate Cake <i>Nov., Dec.</i> 	<b>Country Style Chicken (4)</b> <b>Pattie w/gravy</b> Buttery Mashed Potatoes Cut Green Beans Biscuit Applesauce w/Cinnamon
<b>Potato Crunch Pollock (7)</b> Red Potatoes Spinach Tropical Fruit 	<b>Election Day</b> <b>Center Closed</b> <b>VOTE!!!!!!!!!!!!!!</b>	<b>Swiss Steak w/diced tomato (9)</b> Garlic Mashed Potatoes Peas and Carrots Rye Bread Strawberry/Pineapple Cup <b>AL BRUNO PERFORMS!</b>	<b>Boneless Chicken Breast (10)</b> <b>w/Rosemary Gravy</b> Sweet Potatoes <i>LaSalle Cadets</i> Steamed Broccoli <i>Vets Eat Free</i> Whole Wheat Bread Pineapple Juice <i>Membership</i> Diced Peaches <i>Meeting 10:30</i>	<b>Veterans Day (11)</b> <b>Center Closed</b> 
<b>L/S Hot Dogs (14)</b> Bush's Baked Beans 5 Way Mixed Veggies Long Roll Chocolate Pudding w/topping 	<b>Chicken Pattie w/Mozz (15)</b> <b>Cheese and Sauce</b> Spaghetti Italian Veg. Italian Bread Orange Juice Tropical Fruit	<b>Baked Haddock Square (16)</b> Red Potatoes Wax Beans Round Roll Apples Applesauce 	<b>Beef Pattie (17)</b> <b>w/Cheese sauce</b> Baked Potato Round Roll Grape Juice Ice Cream	<b>Special Dinner (18)</b> <b>Sliced Turkey w/gravy</b> & Stuffing, Potatoes Cut Green Beans Cranberry Sauce Whole Wheat Bread Pumpkin Pie
<b>Potato Crunch Pollock (21)</b> <b>w/tartar</b> Red Potatoes Candied Carrots Round Roll Pineapple Tidbits	<b>Open Faced Tuna Melt (22)</b> Broccoli Cut Corn Whole Wheat Bread Apple Juice Whole Orange 	<b>Chili w/Kidney Beans (23)</b> Rice Peas and Onions Biscuit Applesauce w/Cinnamon 	<b>HAPPY (24)</b> <b>THANKSGIVING</b> <b>Center Closed</b> 	<b>CENTER</b> <b>CLOSED</b>
<b>Liver Fiesta w/Bacon &amp; (28)</b> <b>Onions</b> Chef Potato Green Beans Pumpernickel Bread Yogurt	<b>Open Faced Hot Turkey (29)</b> <b>Sandwich</b> Buttery Mashed Potatoes Broccoli Florets Whole Wheat Bread Pineapple Juice      Cookies	<b>Chicken Philly w/peppers (30)</b> <b>Onions, Mushrooms &amp; Cheese</b> <b>Sauce</b> Spinach Roll Sliced Carrots      Banana	<i>This Program is funded by the US Administration on Aging Older Americans Act, NYS Office for the Aging and Rensselaer County.</i> <b>Suggested Contribution \$3.00 Per Meal</b>	<b><u>Nutrition Abbreviations:</u></b> NCS- No concentrated sweets LoNa- Low Sodium (Salt) Soft- Low Fiber UNS- Unsweetened W/ With