

MENU

Rensselaer County - DEPARTMENT FOR THE AGING NUTRITION SERVICES # 270-2739

To Reserve or Cancel Call: TROY: # 270-5349

Hoosick Falls: # 686-7561

Grafton: # 279-3485

Schodack: # 477-6591

Rensselaer # 463-2166

MENU IS SUBJECT TO CHANGE

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) L/S HAM STEAK w/ mustard Mashed Potatoes Squash Pumpnickel Bread Fruit Cocktail</p>	<p>4) Sweet & Sour CHICKEN Rice oriental style vegetables Biscuit Apple Juice Strawberry/PA Cup AARP DRIVER SAFETY COURSE</p>	<p>5) Potato Crunch POLLACK Garlic Parmesan Potatoes Carrots Chocolate Pudding</p>	<p>6) CHEESE BURGER Baked Potato Zucchini & Tomatoes, Roll Grape Juice, Orange</p> 	<p>7) CRAB Meat Salad Macaroni Salad Tomato & Onion Salad Whole Wheat Bread Sliced Peaches</p>
<p>10) SLOPPY JOE's Corn Steamed Broccoli Kaiser Roll Apple</p> <p>PASSOVER BEGINS </p>	<p>11) SAUSAGE & PEPPERS Wide Noodles, Italian Blend Italian Bread Pineapple Juice, Fresh Pears</p> 	<p>12) L/S HOT DOGS Baked Beans Spinach Roll Ice Cream EASTER EGG COLORING</p> 	<p>13) SPECIAL DINNER HAM w/ Sage Dressing Sweet Potatoes Roll Green Beans Orange Juice Strawberry Shortcake SPRING FLING! BOB TREFFILETTI PERFORMS!</p>	<p>14) EGG SALAD Cold Plate w/Lettuce Beet & Onion Salad 3 Bean Salad Tropical Fruit</p> <p>GOOD FRIDAY</p>
<p>17) VEAL Pattie Marsala Baked Potato Zucchini & Tomatoes Rye Bread Cookies</p> 	<p>18) Open Faced HOT TURKEY Sandwich Mashed Potatoes Green Beans Whole Wheat Bread Apple Juice Pudding</p>	<p>19) Soft TACO Supreme w/ lettuce, tomatoes, cheese, & sour cream Mexican Corn & Rice Medley Bananas</p>	<p>20) CHICKEN Pattie w/ Country Gravy Mashed Potatoes, Carrots Corn Bread Grape Juice Nectarines Troy Senior Center Presents: Donald "The Soul Man" Hymen</p>	<p>21) MACARONI & CHEESE w/ Ham</p>  <p>vegetables Apple Sauce</p>
<p>24) Crunchy BAKED FISH Italian Roasted Potatoes Winter Squash Nectarines</p>	<p>25) CHEF'S CHOICE</p> 	<p>26) LIVER FIESTA w/ Bacon & Onions Baked Potatoes Peas & Onions Whole Wheat Bread Lemon Pudding</p>	<p>27) MEATLOAF w/Onion Gravy Mashed Potatoes Spinach Dinner Roll Ice Cream</p>	<p>28) CHICKEN Pattie Parmesan Ziti Italian Blend Veggies Italian Bread Tropical Fruit Salad</p>
	<p><i>Happy Spring!</i></p> 	 <p>SOUP ONCE A MONTH!</p>	<p><i>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 \$3.00</i></p>	<p>Nutrition Abbreviations: NCS = No Concentrated sweets LoNa = Low Salt Soft = Low Fiber UNS = Unsweetened W = With</p>