







| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| <p><u>Nutrition Abbreviations:</u><br/>                     NCS = No Concentrated Sweets<br/>                     LoNa = Low Salt<br/>                     Soft = Low Fiber<br/>                     UNS = Unsweetened</p> | <p><i>This Program is funded by the U.S. Administration on Aging Older Americans Act, NYS Office for the Aging and Rensselaer County. Suggested Contribution \$3.00 per meal.</i></p>                   | <p><b>SOUP...once a month</b></p>    | <p>1)<br/> <b>POLLOCK</b>, baked potato, Zucchini &amp; Tomatoes, Biscuit, Fruit Juice, Strawberry/Pineapple Cup</p>   | <p>2)<br/> <b>CORNED BEEF</b> cold plate, potato salad, Cole slaw, Pumpernickel bread, diced peaches</p>   |
| <p>5)<br/>                     Baked <b>CHICKEN</b> breast w/cordon bleu sauce, mashed potatoes, mixed vegetables, roll, and fruit cocktail.</p>   | <p>6) <b>CHEESEBURGER</b> w/bacon &amp; mushrooms, baked beans, mixed vegetables, roll, fruit juice, fresh fruit.</p>  | <p>7)<br/> <b>HADDOCK</b> w/tartar sauce, red potatoes, carrots, roll,<br/>                     Ice cream.</p>   | <p>8)<br/> <b>BBQ CHICKEN</b> wrap, corn salad, tomato &amp; onion salad, fruit juice, fresh fruit</p>   | <p>9)<br/> <b>MAC &amp; CHEESE</b> w/diced tomatoes, mixed vegetables, and apple sauce.</p>  |
| <p>12)<br/> <b>SLOPPY JOE TACO</b> w/lettuce, tomato, cheese, &amp; sour cream, vegetable medley, roll, pineapple/orange cup</p>   | <p>13) <b>RACINO</b><br/> <b>POLLOCK</b><br/>                     Red potatoes, broccoli, corn bread, fruit juice, sponge cake</p>  | <p>14) <b>FLAG DAY</b><br/> <b>EGG SALAD</b> cold plate<br/>                     3 bean salad, beet &amp; onion salad, wheat bread, fresh fruit</p>  | <p>15) <b>SPECIAL DINNER...</b><br/> <b>ROAST BEEF</b> w/gravy<br/>                     Baked potato, mixed vegetables, roll, fruit juice, butterscotch pudding w/topping<br/> <b>Rockin' Rob entertainment</b></p>  | <p>16)<br/> <b>SAUSAGE &amp; PEPPERS</b><br/>                     Noodles w/sauce, mixed vegetables, Italian bread, tropical fruit.</p>                                    |
| <p>19)<br/> <b>P.I PARTY... BREAKFAST</b><br/> <b>FOR LUNCH</b> </p>  | <p>20)<br/> <b>BBQ CHICKEN</b> breast, baked sweet potatoes, broccoli, corn bread, fruit juice, cookie</p>  | <p>21)<br/> <b>ICE CREAM SOCIAL</b><br/> <b>CHEESEBURGER</b>,<br/>                     Baked potato, peas &amp; onions, roll, banana-(make your own banana spit!)<br/> <b>SPONSORED BY: HUMANA</b></p>                                 | <p>22) L/S <b>HAM</b> cold plate,<br/>                     Potato salad, cucumber &amp; tomato salad, rye bread, fruit juice, fresh fruit.<br/>                     ❖ <b>11:30 Uncle Sam Sparklers</b></p>  | <p>23)<br/>                     Crust less <b>TURKEY</b> pot pie<br/>                     Tomatoes, peas &amp; carrots<br/>                     Biscuit, diced peaches</p> |
| <p>26)<br/> <b>HADDOCK</b><br/>                     Mashed potatoes, spinach, fresh fruit</p>  | <p>27) <b>CHEF'S CHOICE</b></p>    | <p>28) L/S <b>HOT DOGS</b><br/>                     Baked beans, carrots, roll, ice cream<br/>                     ** 11.15 Jeff Jarvis as:<br/> <b>ROY ORBINSON</b><br/>                     Sponsored by: CDPHP</p>                  | <p>29)<br/> <b>CHICKEN</b> parmesan, Ziti w/sauce, mixed vegetables, Italian bread, fresh fruit, fruit juice.</p>  | <p>30)<br/> <b>CRABMEAT</b> salad cold plate, pasta salad w/tomatoes &amp; onions, whole wheat bread, applesauce</p>   |