






**MENU July  
2017**

**Rensselaer County Department for the AGING - NUTRITION SERVICES # 270-5349**

To RESERVE or Cancel LUNCH Call: Troy: 270-5349

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Center <b>BBQ</b> celebrating 4<sup>th</sup> of July</p> 	<p>4) <b>CENTER CLOSED</b></p> 	<p>5) Baked <b>CHICKEN</b> Pattie w/ BBQ Sauce Sweet Potatoes Spinach Corn Bread Chocolate Cake</p>	<p>6) <b>TURKEY</b> Cold Plate Lettuce &amp; Tomato Potato &amp; Beet &amp; Onion Salads Roll Fruit Juice Fresh Fruit <b>ENTERTAINMENT: PAUL SLINGERLAND AS "CONWAY TWITY"</b></p>	<p>7) <b>POLLACK</b> w/sauce Confetti Rice Steamed Broccoli Whole Wheat Bread Fruit Cocktail</p>
<p>10) <b>HAIR CUTS</b> Crust less <b>CHICKEN</b> Pot Pie Peas &amp; Carrots Potatoes Biscuit Banana Pudding</p>	<p>11) <b>R.A.C.I.N.O.</b> <b>TACO</b> Burger w/sauce Corn Medley Lettuce &amp; Tomatoes Roll Fruit Juice Banana</p>	<p>12) <b>HADDOCK</b> w/ Tartar Potatoes Carrots Ice Cream</p>	<p>13) <b>CHRISTMAS IN JULY...</b> <b>JOE C. PRO SOUND MEATBALL</b> Hero Pasta Assorted veggies Roll Juice Fresh Fruit</p>	<p>14) Sliced <b>HAM</b> Cold Plate 3 Bean &amp; Tomato &amp; Onion Salads Rye Bread Apple Sauce</p>
<p>17) <b>POTATO CRUNCH POLLACK</b> Red Potatoes Spinach Fresh Fruit</p>	<p>18) <b>CHEESEBURGER</b> Italian Roasted Potatoes Zucchini &amp; Tomatoes Roll Fruit Juice Strawberry Cup</p>	<p>19) <b>CHICKEN</b> Pattie w/ Cordon Bleu Sauce Noodles Green Beans Pumpnickel Bread Cookie</p>	<p>20) <b>TUNA</b> Salad Cold Plate Macaroni Salad Beet &amp; Onion Salad Whole Wheat Bread Fruit Juice Fresh Fruit</p>	<p>21) <b>R.S.V.P. guest speaker AND...FREE LUNCH</b> <b>HOT DOGS</b> Baked Beans Mixed Veggies Roll Tropical Fruit</p>
<p>24) <b>SLOPPY JOE'S</b> Corn Sliced Carrots Roll Apple Sauce</p>	<p>25) <b>POT LUCK</b></p> 	<p>26) <b>Cornell EAT SMART</b> <b>LIVER</b> w/ Bacon &amp; Onions Mashed Potatoes, Peas &amp; Onions Pumpnickel Bread Diced Peaches</p>	<p>27) <b>R.O.U.S.E. PICNIC</b> <b>POLLOCK</b> w/Sauce Potatoes Assorted vegetables Whole Wheat Bread Fruit Juice Ice Cream</p>	<p>28) <b>BBQ CHICKEN</b> Salad wrap Cold Plate 3 Bean Salad Cucumber &amp; Tomato Salad Watermelon</p>
<p>31) Bacon <b>CHEESEBURGER</b> w/ Mushrooms Assorted vegetables Baked Beans Roll Fresh Fruit</p>		 <p><b>SOUP ONCE A MONTH</b></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>Nutrition Abbreviations:</b> <b>NCS = No Concentrated Sweets</b> <b>LoNa = Low salt</b> <b>Soft = Low Fiber</b> <b>UNS = Unsweetened</b></p>