

Rensselaer County Department for the AGING - Nutrition Services # 270-2739

MENU

August 2017

To RESERVE or CANCEL LUNCH Call: Troy: # 270-5349



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>This Program is funded by the U.S. Administration on Aging Older Americans Act, NYS Office for the Aging and Rensselaer County.</i></p> <p>Suggested Contribution \$3.00</p>	<p>1) Italian SAUSAGE w/ Peppers, Onions, & Diced Tomatoes, Pasta, Assorted veges, Italian Bread, Fruit Juice Cookie</p>	<p>2) POLLOCK Fillet Baby Red Potatoes Spinach, Biscuit & Pears</p>	<p>3) HAWAII LUAU HAWAII Donald <i>The Soul Man</i> Hymen</p> <p>Hawaiian CHICKEN Squash & Zucchini Confetti Rice, Roll Juice, Banana</p>	<p>4) Corned BEEF Cold Plate Macaroni & Tossed Salads Wheat Bread Tropical Fruit</p>
<p>7) HAIRCUTS</p> <p>CHEESEBURGER Roasted Potatoes Peas & Pearl Onions, Fruit Cocktail</p>	<p>8) RACINO</p> <p>CHICKEN Ala King Rice, Peas & Carrots Biscuit, Fruit Juice Strawberry cup</p>	<p>9) “GEO” A BEETLES TRIBUTE</p> <p>BEEF & BROCOLLI Rice w/Carrots, Roll, Cookies</p> <p>CONFERENCE ON AGING HVCC 10:00-2:00</p>	<p>10) HAM Cold Plate Pasta Salad, Pickled Beets Pumpnickel Bread Juice & Sherbet</p> <p>STRAWBERRY FESTIVAL by: FIDELIS</p>	<p>11) HADDOCK</p> <p>Red Potatoes, Sliced Carrots Roll & Apple Sauce</p>
<p>14) VEAL Pattie Baked Potato, Peas & Onions Bread, Pears</p> 	<p>15) POLLOCK Loin, Broccoli Parmesan Mashed Potatoes Roll, Juice & Apples</p>	<p>16) ICE CREAM DAIRY PRINCESS</p> <p>CHICKEN Pattie w/ Cordon Bleu Sauce, Beans Butter Noodles, Wheat Bread BIRTHDAY Cake</p>	<p>17) SPECIAL DINNER BBQ</p> <p>ROCKIN' ROB PERFORMING</p> <p>CHEESEBURGER and Hotdog Potato, Cuke & Tomato Salads Roll, Juice, Pudding</p>	<p>18) MACARONI & CHEESE Mixed Veggies, Diced Peaches</p> 
<p>21) Potato Crunch POLLACK Mashed Potatoes, Carrots Apricot halves</p>	<p>22) TURKEY Cold Plate Macaroni Salad, Cole Slaw Wheat Bread, Juice Strawberry Shortcake</p>	<p>23) CAPTAIN JP CRUISE</p>  <p>Open Faced TUNA Melt Alfredo Noodles, Spinach Bread, Pudding</p>	<p>24) Sweet & Sour CHICKEN Rice, Broccoli, Roll Fruit Juice, Oranges</p>	<p>25) HOT DOGS Baked Beans, Beets Roll & Apple Sauce</p> 
<p>28) SLOPPY JOE'S Corn, Carrots Roll & Fresh Pears</p>	<p>29) POT LUCK Chef's Choice</p> 	<p>30) HAM Steak Cabbage, Red Potato Pumpnickel Bread Red Fruited Jell-O</p>	<p>31) SCHAGHTICOKE FAIR</p>  <p>BBQ CHICKEN Wrap 3 Bean & Tossed Salads Juice & Watermelon</p>	<p>Nutrition Abbreviations: NCS = No Concentrated Sweets LoNa = Low SALT Soft = Low Fiber UNS = Unsweetened</p>