

**MENU**

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

To Reserve or Cancel Call: Troy: 270-5349 Schodack: 477-6591

Rensselaer 463-2166

Hoosick Falls: 686-7561

Grafton: 279-3485

**October 2017**

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| 2) Beef Pattie w/ Cheese Sauce & Onions<br>Baked Potatoes<br>Peas & Onions<br>Round Roll<br>Diced Peaches                  | 3) Haddock Square w/ Tartar<br>Parmesan Mashed Potatoes<br>Spinach<br>Rye Bread<br>Fruit Juice<br>Swiss Crème<br>NCS: Apricot 1/2s   | 4) Italian Style Sausage & Peppers w/ Onions & Sauce<br>Linguine<br>Italian Blend<br>Italian Bread<br>Strawberry P/A Cup<br>Soft: Mandarins         | 5) BBQ Chicken Cold Plate w/ Lettuce & Tomatoes<br>Macaroni Salad<br>Pickled Beets & Onion Salad<br>Whole Wheat Bread<br>Fruit Juice<br>Fresh Fruit                                  | 6) Chili w/ Kidney Beans<br>White Rice<br>Sliced Carrots<br>Biscuit<br>Applesauce   |
| 9) <br><b>Columbus Day: Center Closed</b> | 10) Swiss Steak w/ Diced Tomatoes & Onions<br>Garlic Mashed Potatoes<br>Winter Squash<br>White Bread<br>Fruit Juice<br>Diced Pears   | 11) Potato Crunch Pollack w/ Tartar<br>Red Potatoes<br>Cut Green Beans<br>Chocolate Pudding w/ Topping<br>NCS: Fruit Cocktail                       | 12) Country Chicken Pattie w/ White Gravy<br>Buttery Mashed Potatoes<br>Candied Whole Baby Carrots<br>Biscuit<br>Fruit Juice<br>Fresh Fruit  | 13) Creamy Macaroni & Cheese<br>Zucchini & Tomatoes<br>Diced Peaches  |
| 16) Haddock Square w/ Tartar<br>Parmesan Mashed Potatoes<br>French Green Beans<br>Round Roll<br>Applesauce w/ Cinnamon     | 17) Spaghetti & Meatballs<br>Garden Blend<br>Italian Bread<br>Fruit Juice<br>Ice Cream<br>NCS: Yogurt                                | 18) Veal Pattie Marsala w/ Mushrooms & Onions<br>Garlic Butter Noodles<br>Peas & Onions<br>Whole Wheat Bread<br>Diced Pears                         | 19) BBQ Chicken Pattie<br>Baked Sweet Potatoes<br>Spinach<br>Corn Bread<br>Fruit Juice<br>Fresh Fruit  | 20) Sliced Ham Cold Plate w/ Mustard<br>Potato Salad<br>Creamy Tomato & Cucumber Salad<br>Pumpnickel Bread<br>Tropical Fruit<br>Soft: Mandarins |
| 23) Sloppy Joe<br>Cut Corn<br>Broccoli Florets<br>Round Roll<br>Pineapple Tidbits<br>Soft: Mandarins                       | 24) <b>Pot Luck<br/>Chef's<br/>Choice</b>  | 25) Liver w/ Bacon, Onions, & Gravy<br>Garlic Mashed Potatoes<br>Zucchini & Tomatoes<br>Rye Bread<br>Banana Pudding w/ Topping<br>NCS: Apricot 1/2s | 26) Chicken Pattie Parm w/ Mozzarella Cheese & Sauce<br>Penne Pasta<br>Capri Blend<br>Italian Bread<br>Fruit Juice<br>Fresh Fruit  | 27) Pollock Fillet w/lemon, Garlic & Butter Sauce<br>Red Potato<br>Cut Wax Beans<br>Applesauce  |
| 30) Open Faced Hot Turkey Sandwich<br>Buttery Mashed Potatoes<br>Peas & Onions<br>White Bread<br>Fresh Fruit               | 31) <b>Special Dinner</b><br>Meatloaf w/ Onion Gravy<br>Baked Potatoes<br>Sliced Carrots<br>Dinner Roll<br>Fruit Juice<br>Apple Tart |   | <i><b>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</b></i> | <b>Nutrition Abbreviations:</b><br>NCS-No Concentrated Sweets<br>LoNa-Low Sodium (salt)<br>Soft-Low Fiber<br>UNS-Unsweetened                    |