













* Menu Subject to Change*

To RESERVE OR CANCEL CALL: **Troy 270-5349**

NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>This Program is funded by the US Administration on Aging Older Americans Act, NYS Office for the Aging and Rensselaer County.</i></p> <p><i>Suggested Contribution \$3.00 Per Meal</i></p>	<p><u>Nutrition Abbreviations:</u> NCS- No concentrated sweets LoNa-LowSodium (Salt) Soft- Low Fiber UNS- Unsweetened</p>	<p>1) Haddock W/Tartar Rice, Squash Roll & Ice Cream</p> 	<p>2) Swiss Steak W/Gravy and Tomatoes Mashed Potatoes, Spinach, Whole Wheat Bread Fruit and Juice</p>	<p>3) Ham W/Cabbage Carrots, Red Potatoes Rye Bread Tropical Fruit</p>
<p>6) Boneless Chicken with Mushroom Gravy Green Beans, Sweet Potatoes Roll, Diced Peaches</p> 	<p>7) ELECTION DAY CENTER CLOSED</p> 	<p>8) Pollock W/Tartar Red Potatoes, Carrots Fruit</p> 	<p>9) Membership Meeting 10:30 Vets Eat FREE Sparklers Performing Fidelis Q&A (refreshments) Spaghetti and Meatballs Mixed Vegetables, Bread Yogurt, Fruit Juice</p>	<p>10) CENTER CLOSED OBSERVANCE OF VETERANS DAY</p> 
<p>13) Chicken Patty W/Country Gravy Mashed Potatoes, squash, biscuit Strawberry/Pineapple cup</p>	<p>14) Macaroni and Cheese Zucchini & Tomatoes Juice, Cookie</p> 	<p>15) Veal Patty W/Marsala Gravy Baked Potato, Broccoli Whole Wheat Bread Fruit</p>	<p>16) Special Dinner Turkey Breast W/Gravy Dressing, Mashed Potatoes, Green Beans, Cranberry Sauce, Roll, Juice Pumpkin Pie w/topping Entertainment by Guy Tonno</p>	<p>17) Haddock W/Tartar Potatoes, mixed vegetables, Roll Applesauce W/Cinnamon</p>
<p>20) Cheeseburger Italian Roasted Potatoes, Carrots Whole Wheat Bread Diced Peaches</p>	<p>21) Liver Maria W/Bacon & Onions Mashed Potatoes, Peas & Onions, Rye Bread, Juice, Fresh Fruit</p>	<p>22) Hot Dogs Baked Beans, Asst. Vegetables, Roll, Tropical Fruit</p> 	<p>23) THANKSGIVING</p>  <p>CENTER CLOSED</p>	<p>24) BLACK FRIDAY</p> 
<p>27) Pollock Red Potatoes, Spinach, Rye Bread Apple</p> 	<p>28) POT LUCK W/JUICE</p> 	<p>29) Crabmeat Salad w/Lettuce Macaroni, Beet & Onion Salads White Bread, Ice Cream</p>	<p>30) Meatloaf W/Onion Gravy Mashed Potatoes, Broccoli, Roll, Juice and Fresh Fruit</p>	 <p>SOUP ONCE A MONTH</p>