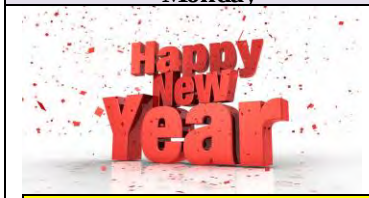
MENU

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

To RESERVE OR CANCEL A MEAL CALL: **TROY # 270-5349** **Schodack # 477-6591** **Rensselaer # 463-2166**
Hoosick Falls # 686-7561 **Grafton # 279-3485**

JANUARY 2018

*** Menu Subject to Change***

Monday	Tuesday	Wednesday	Thursday	Friday
 **CENTER CLOSED**	2) **CHICKEN PATTY w/BBQ sauce** Baked Sweet Potato Green Beans, Dinner Roll Juice Peaches	3) **VEAL PATTY w/Marsala Gravy** Noodles, Broccoli Rye Bread Yogurt	4) **POTATO CRUNCH POLLOCK w/ Tartar** Red Potato, Spinach Juice Fresh Fruit	5) **CHILI w/ KIDNEY BEANS** White Rice, Carrots, Bread, Apple Sauce w/ Cinnamon
8) **HairCuts 10:00 a.m.** **OPEN FACED HOT TURKEY SANDWICH** Mashed Potatoes, Squash, Bread Strawberry/PA Cup	9) **PORK SAUSAGE w/GRAVY** Sweet Potatoes Waxed Beans Rye Bread Juice Granola Bar	10) **BACON CHEESEBURGER** Roasted Potatoes Broccoli Roll Ice Cream	11) **BBQ CHICKEN SALAD COLD PLATE** 3 Bean Salad Tomato & Onion Salad Roll Juice and Fresh Fruit	12) **HADDOCK SQUARE w/ Tartar** Potatoes, Carrots Bread Tropical Fruit
15) **CENTER CLOSED**	16) **HOT DOGS** Baked Beans, Spinach Roll, Juice Apricot Halves	17) **CHICKEN PATTY PARM.** Ziti w/Sauce Veggies Italian Bread Chocolate Pudding w/Topping	18) **SPECIAL DINNER** 'BEAT THE WINTER BLUES" Entertainment by Joe C. Prosound **MACARONI & CHEESE** Zucchini & Tomatoes Veggies Juice and Fresh Fruit	19) **CRUSTLESS TURKEY POT PIE** Diced Potatoes Mixed Veggies Biscuit Diced Peaches
22) **SLOPPY JOES** Corn, Green Beans Roll Pineapple Tidbits	23) **POT LUCK**	24) **SWEET & SOUR CHICKEN** White Rice Broccoli Biscuit Cookies	25) **LIVER MARIA w/Bacon & Onions** Chef Potatoes Peas & Onions Rye Bread Juice and Fresh Fruit	26) **POTATO CRUNCH POLLOCK** Mashed Potatoes, Carrots Apple Sauce w/Cinnamon
29) **CHICKEN PATTY w/White Country Gravy** Mashed Potatoes Squash Biscuit Peaches	30) **SWISS STEAK w/Diced Tomatoes** Baked Potato Spinach Bread Juice and Fresh Fruit	31) **HAM STEAK** Cabbage w/Carrot Garnish Potatoes Pumpernickel Bread Ice Cream	***The US Administration on Aging, Older Americans Act, Title III Nutrition Program, NYS Office for the Aging, & Rensselaer County help fund this NUTRITION PROGRAM. Suggested "contribution" for seniors over 60 is $3.00***	**Nutrition Abbreviations:** **NCS = No concentrated sweets** **L/S = Low Sodium (Salt)** **Soft = Low Fiber** **UNS = Unsweetened** **W/ = With**