











MENU

Rensselaer County Department Of Unified Family Services - AGING Nutrition Service - 270-2739

* Menu Subject to Change*

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

February 2018

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-Low sodium (Salt) Soft- Low Fiber UNS- Unsweetened</p>	<p>1) Potato Crunch Pollock w/tartar sauce Chef Potato Zucchini & Tomatoes Fruit Juice, Fresh Fruit</p> 	<p>2) Shepard's Pie Beef w/Gravy, Mashed Potatoes, Peas, Carrots Roll Punxsutawney Pudding</p> 
<p>5) HAIRCUTS Veal Patty Parmesan Ziti w/Sauce, Vegetables, Italian Bread Pineapple Tidbits</p>	<p>6) Open Faced Hot Turkey Sandwich Mashed Potatoes, Squash, Bread, Fruit Juice & Yogurt</p>	<p>7) Baked Chicken Breast w/Gravy Fettucini Alfredo, Broccoli, Bread Fresh Fruit</p>	<p>8) BIRTHDAY PARTY Uncle Sam Sparkler's Perform Bacon Cheeseburger Roasted Potatoes, Spinach, Roll, Fruit Juice & Fresh Fruit</p>	<p>9) SAGE STUDENTS Haddock Square w/ Tartar Chef Potatoes, Carrots, Bread Applesauce w/cinnamon</p>
<p>12) Swiss Steak w/Diced Tomatoes Rice, Mixed Vegetables, Rye Bread & Fruit Cocktail</p>	<p>13) Chicken Patty w/white Country Gravy Baked Sweet Potato, Broccoli Biscuit, Juice & Fresh Fruit</p>	<p>14) SPECIAL DINNER Donald the "Soulman" Roast Beef w/Gravy Mashed Potatoes, Green Beans, Dinner Roll  Chocolate Cake  w/Strawberry garnish SAGE STUDENTS</p>	<p>15) Potato Crunch Pollock w/Tartar Sauce Potatoes, Spinach, Juice & Fresh Fruit</p> 	<p>16) SAGE STUDENTS Macaroni & Cheese Zucchini & Tomatoes, Carrots & Diced Peaches</p>
<p>19) CENTER CLOSED</p> 	<p>20) POTLUCK W/Juice</p> 	<p>21) SAGE STUDENTS Chili w/Kidney Beans Rice, Vegetables, Biscuit Ice Cream</p>	<p>22) CORNELL "EATSMART" BBQ Chicken Patty Sweet Potatoes, Peas & Onions, Corn Bread, Juice, Fresh Fruit</p> 	<p>23) Tuna Bake Casserole Wide Noodles, Green Beans, Roll Applesauce w/Cinnamon garnish</p>
<p>26) Ham Steak Cabbage w/Carrot garnish Potatoes, Pumppernickel Bread Granola Bar</p>	<p>27) Sausage & Peppers Penne Pasta w/Sauce, Vegetables, Bread, Strawberry/Pineapple Shortcake</p>	<p>28) Liver Fiesta W/Bacon & Onions Chef Potatoes, Squash, Rye Bread, Chocolate Pudding w/ Topping</p>		<p>MEATLESS FRIDAYS BEGIN ON 9th</p> 