

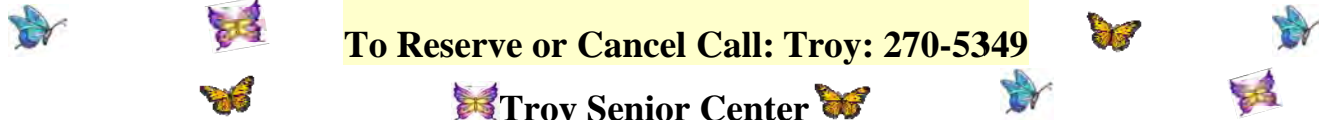
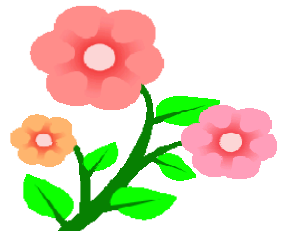
MENU

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

May 2018

To Reserve or Cancel Call: Troy: 270-5349

Troy Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition Abbreviations: NCS-No Concentrated Sweets LoNa-Low Sodium (salt) Soft-Low Fiber UNS-Unsweetened SOUP SERVED 1X/ MONTH</p> 	<p>1) BBQ Chicken Patty Sweet Potato, Peas & Onions, Biscuit, Juice, Applesauce w/cinnamon</p>	<p>2) Potato Crunch Pollock w/ Tartar Parmesan Mashed Potatoes Spinach Apricot halves R.C.H.D. Hypertension In-service 11:30</p>	<p>3) Macaroni and Cheese w/diced Ham Zucchini & Tomatoes Mixed Veggies Juice, Fresh Fruit "Smart Seniors" Attorney General's Office Seminar</p>	<p>4) Cheeseburger Italian Roasted Potatoes Mixed Veggies Roll, Diced Peaches Strawberry Shortcake Festival Sponsored by Fidelis</p>
<p>7) Chicken Breast w/Marsala Gravy Noodles, Broccoli, Bread Fresh Fruit</p> <p>Haircuts</p>	<p>8) Haddock Square w/Tartar Potatoes, Green Beans Roll, Juice Chocolate Pudding w/topping</p> <p>First RACINO</p>	<p>9) Ham Slice Sweet Potatoes Carrots, Bread Tropical Fruit Salad</p> <p>Donny ELVIS Performs</p>	<p>10) Goulash Mixed Veggies, Bread Juice, Fresh Fruit</p> 	<p>11) Sliced Turkey Cold Plate 3 Bean Salad, Creamy Cucumber and Tomato Bread Applesauce w/cinnamon</p>
<p>14) Hot Dogs Baked Beans, Spinach, Roll Fresh Fruit</p> 	<p>15) "Special Dinner" Crabmeat Salad Macaroni Salad, Tomato & Onion Salad, Wrap, Juice Chocolate Pudding w/topping Special Dinner "Mother's Day" Entertainment by Rockin' Rob</p>	<p>16) Open Faced Thanksgiving Sandwich (Turkey Patty w/Stuffing Mashed Potatoes, Cranberries, Gravy) Green Beans, Bread Rensco Health Department Emergency Preparedness</p>	<p>17) Bacon Cheeseburger Italian Roasted Potatoes Peas & Onions, Roll Juice & Fresh Fruit</p> <p>Membership Meeting @10:30 Birthday Party (April, May, June)</p>	<p>18) Chicken Alfredo w/Linguini Broccoli, Dinner Roll Pineapple Tidbits</p> 
<p>21) Sloppy Joes Corn, Green Beans Roll, Fruit Cocktail</p> 	<p>22) Sausage w/Peppers & Onions Ziti w/Sauce, Mixed Veggies Roll, Juice, Ice Cream</p> <p>Tulip Festival</p>	<p>23) Lemon Garlic Fish Wedge Rice, Broccoli, Biscuit Fresh Fruit</p>	<p>24)  Cornell "Eat Smart"</p>	<p>25) Cold Plate Sliced Roast Beef w/lettuce & Tomato Potato Salad, Beet & Onion Salad, Bread, Tropical Fruit</p>
	<p>29) Potato Crunch Pollock w/Tartar Potatoes, Carrots, Granola Bar</p> 	<p>30) Veal Patty Parmesan Linguine w/Sauce Mixed Veggies Italian Bread Lemon Cottage Pudding</p>	<p>31) Cold Plate BBQ Chicken Salad w/lettuce 3 Bean Salad, Marinated Tomato and Onion Salad, Flavored Wrap, Fresh Fruit</p>	<p><i>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</i></p>