

* Menu Subject to Change*

Rensselaer County Department for the AGING NUTRITION SERVICE # 270-2739

To RESERVE OR CANCEL FOR TROY CALL: #518- 270-5349

**Menu
June 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Nutrition Abbreviations:</u> NCS- No concentrated sweets LoNa- Low Sodium (Salt) Soft- Low Fiber UNS- Unsweetened W/ With</p>	<p><i>The US Administration on Aging, Older Americans Act, NYS office for the Aging and Rensselaer County help fund this Nutrition Program.</i></p>	<p><i>Suggested Contribution is \$3.00 Per Meal for center members. There is a \$5.00 charge for all guests. Please note: NO senior is denied a meal if unable, or unwilling to pay.</i></p>	<p>SOUP ONCE A MONTH</p> 	<p>1) Consumer Directive "Elite Choice" 11:30 Spanish Rice Green Beans, Carrots Biscuit Applesauce w/Cinnamon</p>
<p>4) Haircuts Potato Crunch Pollock w/Tartar Potatoes, Broccoli, Fresh Fruit</p>	<p>5) Sausage w/Gravy Parm. Mashed Potatoes, Peas & Onions, Bread, Fruit Juice, Cookie</p>	<p>6) "Name that Tune" Prizes! DJ Floyd Hunt Macaroni & Cheese Zucchini & Tomatoes, Veggies, Tropical Fruit Salad</p>	<p>7) Chicken Teriyaki Noodles, Stir Fried Mixed Veggies, Biscuit, Juice, Fresh Fruit</p>	<p>8) Eddy Daybreak Lifeline Info (VNA) 11:30 Bologna & Cheese Cold Plate w/Lettuce & Tomatoes Macaroni Salad, Beet Salad, Bread, Apricot Halves</p>
<p>11) Veal Patty Marsala Potatoes, Spinach, Roll, Sliced Pears</p> 	<p>12) Racino Haddock Square w/Tartar Mashed Potatoes, Carrots, Roll, Juice, Fresh Fruit</p> 	<p>13) "Downsizing" Seminar 11:30 Hunt Real Estate Chicken Patty Parmesan Ziti /Sauce, Mixed Veggies, Italian Bread, Ice Cream</p>	<p>14) Flag Day "Sparkler's Perform" Sliced Corned Beef Cold Plate w/mustard Pineapple Cole Slaw, 3 Bean Salad, Bread, Juice, Fresh Fruit</p>	<p>15) Meatloaf w/Onion Gravy Baked Potatoes, Broccoli, Bread, Tropical Fruit</p> 
<p>18) Hot Dogs w/Mustard Baked Beans, Zucchini & Tomatoes, Hot Dog Roll Diced Peaches</p>	<p>19) POTLUCK W/JUICE</p> 	<p>20) Tuna Salad Cold Plate w/Lettuce Pasta Salad, Pickled Beets Bread, Fresh Fruit</p>	<p>21) Special Dinner "Father's Day" Mike DeAngelis Performs Roast Beef w/Gravy Parmesan Mashed Potatoes Mixed Veggies, Roll, Juice Butterscotch Pudding w/Topping</p>	<p>22) Bacon Cheeseburger Italian Roasted Potatoes, Peas & Carrots, Roll, Applesauce w/Cinnamon</p> 
<p>25) Chicken Patty w/White Country Gravy Mashed Potatoes, Mixed Veggies, Biscuit Strawberry/Pineapple cup</p>	<p>26) Sausage Patty w/Peppers & Onions Penne Pasta w/Sauce Mixed Veggies, Italian Bread Fresh Fruit, Juice</p>	<p>27) Potato Crunch Pollock w/Tartar Mashed Potatoes, Carrots, Ice Cream</p>	<p>28) Beef Chop Suey w/Rice Stir Fried Veggies, Roll, Juice, Fresh Fruit</p> 	<p>29) Chef Salad w/Dressing Macaroni Salad, Seasoned Croutons, Diced Peaches</p>