

**MENU July  
2018**

**Rensselaer County Department for the AGING - NUTRITION SERVICES # 270-5349**

To RESERVE or Cancel LUNCH Call: Troy: **270-5349**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) <b>HAIRCUTS</b> Haddock Square w/Tartar Potatoes, Spinach Bread, Sliced Pears	3) <b>SPECIAL DINNER</b> (Celebrating the 4 <sup>th</sup> of July) Entertainment By Donald The "Soul Man" BBQ Chicken Breast Corn, Broccoli, Roll, Juice Fresh Fruit	4) <b>CENTER CLOSED</b> 	5) <b>Cheeseburger</b> Italian Roasted Potatoes Peas & Onions, Roll, Juice Granola Bar	6) <b>Egg Salad w/Lettuce</b> 3 Bean, Diced Beet & Onion Salads Bread, Applesauce
9) <b>Salisbury Steak w/Gravy</b> Mashed Potatoes Garden Veggies Bread, Fresh Fruit	10) <b>RACINO</b> Chicken Parmesan w/Ziti Italian Veggies, Italian Bread Juice, Strawberry/PA Cup	11) <b>WHEEL OF FORTUNE</b> Potato Crunch Pollock w/Tartar Potatoes, Carrots Ice Cream	12) <b>Sliced Turkey Cold Plate</b> Pasta Salad, Pineapple Cole Slaw Bread, Juice, Fresh Fruit	13) <b>"FALL PREVENTION"</b> Renss. Co. HEALTH DEPT. Asian Beef w/Broccoli Rice, Biscuit Mandarin Oranges
16) <b>ATTORNEY</b> Veal Patty Marsala Baked Potato, Mixed Veggies, Bread, Sliced Pears	17) <b>Haddock Square w/Tartar</b> Mashed Potatoes, Spinach, Roll, Juice, Oreo Cookies	18) <b>R.O.U.S.E. PICNIC</b> Hot Dogs Baked Beans, Carrots, Roll Tropical Fruit Salad	19) <b>CORNELL "Eat Smart"</b> Grilled Chicken Salad Cold Plate Macaroni Salad, Juice, Fresh Fruit	20) <b>Sliced Ham Cold Plate</b> Potato Salad Tomato & Onion Marinade Bread, Watermelon
23) <b>Sausage w/Pork Gravy</b> Mashed Potatoes, Mixed Veggies, Bread Pineapple Tidbits	24) <b>POT LUCK</b> 	25) <b>SENIOR FEUD</b> BBQ Chicken Patty Baked Sweet Potato Green Beans, Corn Bread, Fresh Fruit	26) <b>Pollock Filet</b> Mashed Potatoes, Broccoli Juice, Chocolate Pudding	27) <b>Sliced Ham Cold Plate</b> Potato Salad Tomato & Onion Marinade Bread, Watermelon
30) <b>Open Faced Tuna Melt</b> Corn, Peas & Carrots Bread, Tropical Fruit	31) <b>Spaghetti &amp; Meatballs</b> Tossed Salad, Italian Bread Juice, Ice Cream		<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 *SOUP ONCE A MONTH</i>	<b>Nutrition Abbreviations:</b> NCS = No Concentrated Sweets LoNa = Low salt Soft = Low Fiber UNS = Unsweetened