



Rensselaer County Department for the AGING NUTRITION SERVICE #518- 270-2739

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

Grafton 518-279-3485 Hoosick Falls 518-686-7561 Rensselaer 518-463-2166 Schodack 518-477-6591

**MENU
OCTOBER 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Liver Maria w/Bacon & Onions Corn, Green Beans Bread & Diced Peaches</p> <p><i>Haircuts</i></p>	<p>2) Creamy Mac & Cheese Zucchini & Tomatoes Mixed Veggies, Juice Granola Bar</p>	<p>3) Pollock Loin w/Garlic Butter Sauce Parmesan Mashed Potatoes Carrots, Dinner Roll Chocolate Pudding w/topping</p> <p><i>Sage Nursing Students</i></p>	<p>4) Sliced Chicken w/Gravy Baked Sweet Potato Mixed Veggies, Rye Bread Juice & Fresh Fruit</p>	<p>5) Chili w/Sour Cream White Rice Peas & Onions, Biscuit Tropical Fruit</p>
<p>8) CENTER CLOSED <u>COLUMBUS DAY</u></p>	<p>9) Veal Patty w/Mushroom Gravy Mashed Potatoes, Broccoli Roll, Juice, Fruit</p> <p><i>Last Racino</i></p>	<p>10) Sausage & Peppers Linguine w/Sauce Mixed Veggies, Italian Bread Ice Cream</p>	<p>11) Haddock Square w/Tartar Potatoes, Spinach, Roll Juice, Fresh Fruit</p> <p><i>Expressions Of Love</i></p>	<p>12) Sliced Ham Cold Plate w/Mustard Macaroni Salad, Beet Salad Rye Bread Applesauce w/Cinnamon</p>
<p>15) BBQ Chicken Breast Mashed Potatoes, Green Beans, Bread, Strawberry/PA Cup</p>	<p>16) Potato Crunch Pollock w/Tartar Confetti Rice, Carrots Fresh Fruit & Juice</p>	<p>17) Bacon Cheeseburger Italian Roasted Potatoes Spinach, Roll Oreo Cookies</p> <p><i>Sage Nursing Students</i></p>	<p>18) Open Faced Hot Turkey Sandwich Mashed Potatoes Peas & Onions Cranberry Sauce, Bread Juice, Fresh Fruit</p> <p><i>Fall Gala</i></p>	<p>19) Hot Dogs w/Sauerkraut Baked Beans, Roll Sliced Pears</p>
<p>22) Swiss Steak w/Diced Tomatoes Garlic Mashed Potatoes Wax Beans, Rye Bread Diced Peaches</p>	<p>23) POT LUCK w/Juice</p> 	<p>24) Cheesy Chicken & Broccoli Casserole Penne Pasta, Biscuit Yogurt</p>	<p>25) Corned Beef Cold Plate w/Mustard Potato Salad w/relish Tomato & Onion Salad Pumpernickel Bread Fresh Fruit, Juice</p>	<p>26) Hawaiian Turkey Burger Onions & Sliced Pineapple Rice, Mixed Veggies, Roll Tropical Fruit</p>
<p>29) Chicken Patty w/Cordon Bleu Sauce Sweet Potato, Mixed Veggies, Bread Apricot Halves</p>	<p>30) Sausage w/Gravy Noodles w/Garlic Butter Sauce, Broccoli, Bread Juice & Granola Bar</p>	<p>31) SPECIAL DINNER Spooky Meatloaf w/Onion Gravy, Potato, Carrots, Dinner Roll Apple Turnover</p> <p>HALLOWEEN PARTY <i>Rockin' Rob Performs</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>Nutrition Abbreviations: NCS- No concentrated sweets LoNa- Low Sodium (Salt) Soft- Low Fiber UNS- Unsweetened W/ With</p>

MENU SUBJECT TO CHANGE

SOUP ONCE A MONTH

****LUNCH IS SERVED AT NOON****