



MENU - NOVEMBER, 2018

Rensselaer County Department for the - AGING Nutrition Service

* Menu Subject to Change *

RESERVE OR CANCEL CALL: **TROY (518) 270-5349** LUNCH is SERVED at NOON

Hoosick Falls 518-686-7561 Grafton 518-279-3485 Rensselaer: 518-4 63-2166 Schodack 518-477-6591

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>The US Administration on Aging, Older Americans Act, Title III Nutrition Program, NYS Office for the Aging, & Rensselaer County help fund this Nutrition Program. Suggested "contribution" for members is \$3.00</i></p>	<p>SOUP ONCE A WEEK</p> 	<p>Nutrition Abbreviations: NCS = No concentrated sweets Lo Na = Low Salt Soft = Low Fiber UNS = Unsweetened</p>	<p>1) POLLOCK Potato, Spinach, Fruit Juice, Fresh Fruit</p>	<p>2) EGG SALAD Cold plate, lettuce, cottage cheese w/peaches, Cucumber & Tomato Salad</p> 
<p>5) HAIRCUTS CHICKEN w/mushroom gravy, Sweet Potato, Assorted Vegies, Roll, Apricots</p>	<p>6) CENTER CLOSED Election Day</p> 	<p>7) HADDOCK Mashed potatoes, carrots, roll, granola Bar</p> 	<p>8) BIRTHDAY PARTY (Celebrating Oct Nov Dec BD) CHEF SALAD Cold plate w/Potato Salad, Croutons, Fruit Juice, Fresh Fruit</p> <p>MEMBERSHIP MEETING</p>	<p>9) CHILI w/Sour Cream, Rice, Peas & Onions, Biscuit, Applesauce</p> <p>QUESTAR STUDENTS</p>
<p>12) CENTER CLOSED Veteran's Day</p> 	<p>13) POLLOCK Potatoes, Spinach, Fruit Juice, Peaches</p>	<p>14) SALISBURY STEAK Onion Gravy, Baked Potato, Broccoli, Bread, Fresh Fruit</p>	<p>15) "SPECIAL DINNER" Entertainment by Joe C Pro Sound TURKEY Stuffing, Cranberry Sauce, Mashed Potatoes, Green Beans, Roll, Juice, Pumpkin Pie</p>	<p>16) HOT DOGS Sauerkraut, Baked Beans, Roll, Mandarin Oranges</p> <p>R.C.H.D "DIABETES SEMINAR"</p>
<p>19) CHICKEN PARM Pasta, Assorted Vegies, Italian Bread, Apricots</p>	<p>20) BACON CHEESEBURGER Hash Browns, Assorted Vegies, Roll, Juice, Ice Cream</p>	<p>21) CRABMEAT SALAD Lettuce, 3 Bean & Pickled Beet Salads, Bread, Fruit Cocktail</p>	<p>22) CENTER CLOSED</p> 	<p>23) CENTER CLOSED</p>
<p>26) BBQ CHICKEN Sweet Potato, Spinach, Biscuit, Peaches</p>	<p>27) LIVER Bacon & Onions, Corn, Green Beans, Bread, Juice, Cookie</p> <p>10:00 MOVIE & MUNCH MUFFINS & COFFEE BY: United Health Care</p>	<p>28) TURKEY BURGER Grilled Onions & Pineapple, Rice, Broccoli, Roll, Granola Bar</p>	<p>29) MEATLOAF Mashed Potatoes, Assorted Vegies, Roll, Juice, Fruit</p> <p>CORNELL TASTING</p>	<p>30) MAC & CHEESE Zucchini & Tomatoes, Peas & Onions, Applesauce</p>