

**MENU****Rensselaer County Department of Unified Family Services- AGING Nutrition Services- 518-270-2739**

To Reserve or Cancel Call: Troy: 518-270-2740 Schodack: 518-477-6591 Rensselaer

Hoosick Falls: 518-686-7561 Grafton: 518-279-3413

**\*\*MENU SUBJECT TO CHANGE\*\*****September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
2) <b>LABOR DAY</b>	3) Cheeseburger Tater Tots Broccoli Florets Round Roll Fresh Fruit	4) Turkey A 'la King White Rice Peas & Carrots Biscuit Fruit Cup	5) Lemon Garlic Cod w/Tartar Buttery Mashed Potatoes Spinach Fresh Fruit	6) Greek Chicken Gyro Cold Plate Bruschetta Spaghetti Salad Cottage Cheese w/Peaches Strawberry Pineapple Cup
9) Cubed Steak w/Swiss Gravy Winter Squash Mashed Potatoes White Bread Diced Pears	10) Korean BBQ Chicken Breast Confetti Rice Broccoli Florets Biscuit Tropical Fruit	11) Veal Pattie Marsala Italian Roasted Potatoes Sliced Carrots Wheat Bread Cookie	12) <b>Chef's Choice</b>	13) Corned Beef Cold Plate w/Mustard 3 Bean Salad Tomato & Onion Marinade Rye Bread Yogurt
16) Shepard's Pie Seasoned Ground Beef in Gravy Peas & Carrots Mashed Potatoes Biscuit Fresh Fruit	17) Dinner Sausage w/Pork Gravy Garlic Butter Noodles Brussel Sprouts Italian Bread Granola Bar	18) Butter Crumb Cod w/Tartar Sauce Rice Sliced Carrots Peanut Butter Crackers	19) Chicken Patty Parmesan Pasta w/Sauce Italian Blend Italian Bread Fresh Fruit	20) Crabmeat Salad Cold Plate w/Lettuce Macaroni Salad Cottage Cheese w/Pineapple White Bread Strawberry Pineapple Cup
23) Harvest Cheddar Turkey Burger L/S Scalloped Potatoes Broccoli Round Roll Granola Bar	24) Ham Steak w/Pineapple Glaze Red Potato Cabbage Rye Bread Fresh Fruit	25) L/S Hot Dogs w/Mustard Vegetarian Baked Beans Seasoned Sauerkraut Hot Dog Roll Mandarin Orange Cup	26) Egg Salad Cold Plate w/Lettuce Italian Pasta Salad Pickled Beet Salad White Bread Fresh Fruit	27) Meatloaf w/Onion Gravy Buttery Mashed Potatoes Green & Wax Bean Medley Dinner Roll Yogurt
30) BBQ Chicken Patty Mashed Sweet Potatoes Peas & Onions Biscuit Diced Pears			Nutrition Abbreviations: NCS-No Concentrated Sweets L/S-Low Sodium (salt) Soft-Low Fiber UNS-Unsweetened	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

*Suggested contribution \$3.00 per meal. Guests under 60 must pay \$5.00 per meal. No one is denied due to the inability to contribute.*