

MENU

Rensselaer County Department of Unified Family Services - AGING Nutrition Service - 270-2739

To RESERVE OR CANCEL CALL: Troy 270-5349 Schodack - 477-6591 Rensselaer - 463-2166

Hoosick Falls - 686-7561 Grafton - 279-3485

December 2016

* Menu Subject to Change*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>This Program is funded by the US Administration on Aging Older Americans Act, NYS Office for the Aging and Rensselaer County. Suggested Contribution \$3.00 Per Meal</i></p>	<p>Nutrition Abbreviations: NCS- No concentrated sweets LoNa- Low Sodium (Salt) Soft- Low Fiber UNS- Unsweetened W/ With</p>		Roast Beef w/Au Jus Gravy (1) Parmesan Mashed Potatoes Whole Baby Carrots Dinner Roll Orange Juice Peaches	Macaroni & Cheese (2) Casserole Italian blend Applesauce 
Sloppy Joes (5) Spinach Peas & Onions Round Roll Chocolate Pudding NCS: Mandarins Oranges	Potato Crunch Pollock (6) Red Potatoes Cut Green Beans Apple Juice  Fruit Cocktail	Baked Chicken Breast w/gravy (7) Alfredo Noodles Broccoli Florets Whole Wheat Bread Orange Sheet Cake NCS: Apricot Half	L/S Hot Dogs (8)  Bush's Baked Beans Mixed Veggies, Roll Grape Juice Fresh Apple Soft: Applesauce	Soft Tacos Supreme (9) w/Lettuce & Tomato Southwest Blend Rice Strawberry/Pineapple Shortcake
<p>CHEF'S CHOICE</p>	Beef Pattie w/Cheese Sauce (13) Baked Potato Green & Wax Bean Medley Round Roll Apricot halves Pineapple Juice	Chicken Pattie w/Country Style Gravy (14) Buttery Mashed Potatoes Sliced Carrots Biscuit Cookie NCS: Diced Pears	Haddock Square w/Tartar (15) Red Potatoes Capri Blend Round Roll Nectarine Grape Juice	<p>Special Dinner (16)</p> Roast Pork w/Pork gravy Dressing, Applesauce Cut Green Beans, Yams Dinner Roll Lemon Cottage Pudding w/Topping
Chicken Philly /mushrooms, (19) Peppers, Onions & Cheese Sauce Scandinavian Blend Rice Long Roll Diced Pears	Veal Pattie Marsala w/ (20) Mushrooms Baked Potatoes, Peas & Onions Rye Bread Pineapple Juice Chocolate Cake NCS: Apricot Halves	Crunchy Baked Fish w/Tartar (21) Garlic Mashed Potatoes Spinach Bananas	Meatloaf w/Onion Gravy (22) Boiled Chef Potato French Green Beans Dinner Roll Apple Juice Ice Cream NCS: Yogurt	Open Faced Tuna Melt(23) Cut Corn Steam Broccoli Whole Wheat Bread Diced Peaches
<p>CHRISTMAS</p> 	Liver Maria (27) Baked Potato Mixed Vegetables Pumpernickel Bread Orange Juice Tropical Fruit Soft: Applesauce	L/S Ham Slice (28) Red Potatoes Glazed Carrots Rye Bread Oreo Cookies 	Chicken Pattie Parm w/ (29) Mozzarella & Sauce Linguine Italian Blend Italian Bread Oranges	Sausage w/Pork gravy (30) Sweet Potatoes Zucchini/Yellow Squash Medley Long Roll Diced Pears Grape Juice Toast