

* Menu Subject to Change*

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

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

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

**MENU
SEPTEMBER 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Nutrition Abbreviations:</u> NCS- No concentrated sweets LoNa- Low Sodium (Salt) Soft- Low Fiber UNS- Unsweetened W/ With</p>	<p><i>The US Administration on Aging, Older Americans Act, NYS office for the Aging and Rensselaer County help fund this Nutrition Program.</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>SOUP ONCE A MONTH</p> 	<p>1) Macaroni And Cheese W/Diced Tomatoes Mixed Vegetables Tropical Fruit</p> 
<p>4) CENTER CLOSED</p> 	<p>5) Potato Crunch Pollock Parmesan Mashed Potatoes Broccoli Juice Ice Cream</p>	<p>6) Veal Patty Marsala Garlic Butter Noodles Green Beans, Dinner Roll Diced Peaches</p>	<p>7) Health And Wellness Crustless Turkey Pot Pie Diced Potatoes, Peas & Carrots, Biscuit, Juice Banana</p>	<p>8) Sliced Chicken Breast Cold Plate Italian Pasta Salad Creamy Tomato/Cucumber Salad, Bread, Applesauce</p>
<p>11) Bacon Cheeseburger w/lettuce, tomato, baked beans, winter squash, roll, Sliced Pears</p> 	<p>12) RACINO Italian Sausage Patty w/peppers and onions & sauce, Penne Pasta, Italian Vegetables, Italian Bread, Juice, Oreo Cookies</p>	<p>13) Sweet & Sour Chicken Rice, Peas & Carrots Biscuit, Juice, Banana</p> 	<p>14) Membership Meeting 10:30 a.m. Crabmeat Salad Cold Plate Macaroni Salad, Beet & Onion Salad, Bread, Juice, Cantaloupe</p>	<p>15) TALENT SHOW Salisbury Steak Mashed Potatoes, Mixed Vegetables, Pumpernickel Bread, Tropical Fruit</p> 
<p>18) Haddock Square w/tartar sauce, red potatoes, Zucchini & tomatoes, Roll, Granola Bar</p> 	<p>19) AARP Driver Safety Veal Patty Parmesan Spaghetti, Italian Blend Veggies, Italian Bread, Juice, Fruit Cocktail</p>	<p>20) Cornell Cooking Liver w/Bacon & Onions Gravy, Baked Potato, Peas, Rye Bread, Apple</p> 	<p>21) Country Style Chicken Patty w/white gravy, Mashed Potatoes, Broccoli, Biscuit, Juice, Ice Cream</p> 	<p>22) OCTOBERFEST Special Dinner Entertainment Pork Sausage w/sauerkraut Potato & Onion Casserole Candied Carrots, Roll Cinnamon Applesauce</p>
<p>25) Hotdogs, Roll Baked Beans, Squash, Chocolate Pudding w/topping</p>	<p>26) POTLUCK CHEF'S CHOICE W/JUICE</p> 	<p>27) Pollock W/Garlic Butter Sauce Mashed Potatoes, Spinach, Bread, Juice, Banana</p>	<p>28) Expressions Of Love Meatloaf w/Onion Gravy Baked Sweet Potato Green Beans, Roll German Chocolate Cake Uncle Sam Sparklers Perform</p>	<p>29) Turkey Cold Plate Potato Salad w/Relish Tomato & Onion Marinade Bread Cantaloupe Cup</p>