





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

MENU GENERAL

Suggested Contribution per Meal is \$2.50

Menu Subject to change

JANUARY 2012

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>CENTERS CLOSED (2)</p> <p align="center">HAPPY NEW YEAR 2012</p> | <p>BEEF BURGER (3)</p> <p>W/GRAVY Catsup Hash Brown Potatoes Cut Green & Wax Beans Round Roll Cranberry Juice Fruited Yogurt</p> | <p>SLICED TURKEY (4)</p> <p>W/GRAVY Cranberry Sauce Mashed Sweet Potatoes Broccoli/Cauliflower Medley White Bread, Fruited Raspberry Gelatin W/Top.</p> | <p>CHILI CON CARNE (5)</p> <p>Steamed Rice Frozen Mixed Vegetables Biscuit Pineapple Juice Fresh Fruit in Season</p> | <p>LASAGNA ROLL (6)</p> <p>W/ITALIAN STYLE TOMATO SAUCE Italian Blend Vegetables Peas Italian Bread Cookie</p> |
| <p>LITE SALT FRANKS (9)</p> <p>W/MUSTARD Potato in Jacket Seasoned Sauerkraut Long Roll Peaches</p> | <p>BAKED HADDOCK (10)</p> <p>SQUARE Tartar Sauce Fluffy Potatoes Vegetable Medley Round Roll, Apricot Juice Pineapple Tidbits</p>  | <p>SPECIAL DINNER (11)</p> <p align="center">"IT'S A NEW YEAR"</p> <p>Old Fashion Beef Stew W/Garden Vegetables Whole Potatoes, WB Carrots Cornbread Tapioca Pudding W/Top.</p> | <p>VEAL PARMESAN (12)</p> <p>W/Italian Style Tomato Sauce Linguini W/Parmesan Cheese Italian Green Beans Italian Bread Apple Juice Fresh Fruit in Season</p> | <p>CHICKEN BREAST (13)</p> <p>W/Mushroom Gravy Cranberry Sauce Rice Pilaf Broccoli Pumpnickel Bread Frosted Sheet Cake</p> |
| <p>CENTERS CLOSED (16)</p>  <p align="center">Martin Luther King Day</p> | <p>POT LUCK DINNER (17)</p> <p>W/Orange Juice</p>  <p>Fruited Yogurt</p> | <p>BAKED MEATLOAF (18)</p> <p>W/GRAVY Mashed Potatoes Peas White Bread Cookie</p> | <p>SLICED TURKEY (19)</p> <p>W/GRAVY Cranberry Sauce Escalloped Potatoes Sliced Carrots WW Bread, Grape Juice Fresh Fruit in Season</p> | <p>CHEESE QUICHE (20)</p> <p>Cut Green Beans Zucchini & Tomatoes Rye Bread Strawberry Pineapple Cup</p> |
| <p>BAKED CHICKEN (23)</p> <p>PATTIE W/Fricassee Sauce Cranberry Sauce Baked Potato, Broccoli Pumpnickel Bread Tropical Fruit Salad</p> | <p>SALISBURY STEAK (24)</p> <p>W/GRAVY Fluffy Potatoes Winter Squash White Bread Pineapple Juice Chocolate Cottage Pudding</p> | <p>LITE SALT HAM (25)</p> <p>W/PINEAPPLE SAUCE Potato in Jacket Steamed Cabbage Rye Bread Peaches</p> | <p>CHEESE PIZZA (26)</p> <p>Stuffed Shell (1) W/It. Style Tomato Sauce Italian Blend Vegetables Orange Juice Fresh Fruit in Season</p> | <p>ROAST BEEF (27)</p> <p>W/GRAVY Mashed Potatoes Peas & Mushrooms Dinner Roll Fruited Orange Gelatin W/Topping</p> |
| <p>BAKED SAUSAGE (2) (30)</p> <p>W/GRAVY Baked Beans California Blend Vegetables Long Roll Applesauce W/Cinnamon</p> | <p>SLICED CHICKEN (31)</p> <p>W/GRAVY Cranberry Sauce Creamed Potatoes Beets in Orange Juice WW Bread, Cranberry Juice Pear/Pineapple Cup</p> |  | <p>FOR TROY AREA ONLY:</p> <p>Home Delivered Meal Cancellations Call 270-2739 To Reserve or Cancel a Congregate Meal at the Troy Center Call - 270-5349</p> | <p>TO RESERVE OR CANCEL CALL:</p> <p>Schodack - 477-6591 Rensselaer - 463-2166 Hoosick Falls - 686-7561 Grafton - 279-3485</p> |