




**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**

**AUGUST 2010**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
BAKED CHICKEN (2) PATTIE W/Parsley Sauce Cranberry Sauce Wide Noodles California Blend Vegetables Whole Wheat Bread Ice Cream Cup	COLD PLATE: (3) Sl. Corned Beef W/Mustard Macaroni Salad Cole Slaw Rye Bread Grape Juice Peaches	LASAGNA ROLL (4) W/Italian Style Tomato Sauce Leaf Spinach Peas Italian Bread Cookie	POT LUCK DINNER (5)  W/Orange Juice	BAKED MEATLOAF (6) W/GRAVY Mashed Potatoes Italian Green Beans Dinner Roll Lemon Cottage Pudding
ITALIAN SAUSAGE (9) W/Mushrooms & Peppers Linguini W/Parm. Cheese Italian Blend Vegetables Italian Bread Apricot Halves	SWISS STEAK (10) Mashed Potatoes WB Carrots Rye Bread Tomato Juice Granola Bar 	TURKEY W/GRAVY (11) Cranberry Sauce Escalloped Potatoes Leaf Spinach Pumpernickel Bread Strawberry/Pineapple Shortcake W/Topping	BEEF PATTIE (12) W/CATSUP WK Corn Round Roll Cranberry Juice Fresh Fruit in Season	COLD PLATE: (13) SEA LEGS SALAD Macaroni Salad Tomato & Onion Salad Whole Wheat Bread Peaches
<b>SPECIAL DINNER (16)</b> <b>"Summer Jamboree"</b> BBQ Chicken Breast Cranberry Sauce Baked Beans Zucchini & Tomatoes Round Roll, Ice Cream	SALISBURY STEAK (17) W/GRAVY Baked Potato Sweet & Sour Cabbage White Bread Orange Juice Cookie	COLD PLATE: (18) Lite Salt Ham W/Mustard Red Skin Potato Salad 3 Bean Salad Pumpernickel Bread Orange/Pineapple Cup	HADDOCK SQUARE (19) W/TARTAR SAUCE Mashed Potatoes Frozen Mixed Vegetables Round Roll V-8 Juice Fresh Fruit in Season	ITALIAN STYLE (20) MEATBALLS in Italian Style Tomato Sauce Spaghetti W/Parm. Cheese Italian Blend Vegetables Italian Bread Pears
LITE SALT FRANKS (23) Mustard Red Potato in Jacket Seasoned Sauerkraut Long Roll Peaches	TURKEY W/GRAVY (24) Cranberry Sauce Mashed Sweet Potatoes Yellow & Green Bean Med. Pumpernickel Bread Pineapple Juice Fruited Yogurt	MACARONI& CHEESE(25) CASSEROLE W/1 oz. Cheese Topping Leaf Spinach Sliced Carrots Whole Wheat Bread Frosted Sheet Cake	COLD PLATE: (26) Roast Beef W/Mayonnaise Red Skin Potato Salad Pickled Beet & Onion Salad Italian Bread, Apricot Juice Fresh Fruit in Season	VEAL PATTIE (27) W/MUSHROOM GRAVY Baked Potato Broccoli Spears Dinner Roll Butterscotch Pudding W/Topping
SL. STEAK W/ONION (30) & CHEESE SAUCE Hash Brown Potatoes Meadow Blend Vegetables Round Roll Pear/Pineapple Cup	"A Taste of Italy" (31) Individual Cheese Pizza Stuffed Shell (1) W/Italian Tomato Sauce Italian Blend Vegetables Orange Juice, Fruited Strawberry Gelatin W/Top		FOR TROY AREA ONLY: <b>Home Delivered Meal</b> Cancellations Call <b>270-2739</b> To Reserve or Cancel a <b>Congregate Meal</b> at the Troy Center Call - <b>270-5349</b>	TO RESERVE OR CANCEL CALL: Schodack - 477-6591 Rensselaer - 463-2166 Hoosick Falls - 686-7561 Grafton - 279-3485