






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

JULY 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>FOR TROY AREA ONLY: 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: Schodack - 477-6591 Rensselaer - 463-2166 Hoosick Falls - 686-7561 Grafton - 279-3485</p> |  | <p>POT LUCK DINNER (1) W/Orange Juice</p>  | <p>LASAGNA ROLL (2) W/It. Style Tomato Sauce Leaf Spinach Peas Italian Bread Granola Bar</p> |
| <p>CENTER CLOSED (5)</p>  | <p>SWISS STEAK (6) Mashed Potatoes Whole Baby Carrots Rye Bread Tomato Juice Apricot Halves</p> | <p>TURKEY W/GRAVY (7) Cranberry Sauce Escalloped Potatoes Leaf Spinach Pumpernickel Bread Cookie</p> | <p>BBQ BEEF PATTIE (8) W/SLICED ONION WK Corn Cut Green Beans Pineapple Juice Round Roll Watermelon Slice</p> | <p>COLD PLATE: (9) SEA LEGS SALAD Macaroni Salad Tomato & Onion Salad Whole Wheat Bread Peaches</p> |
| <p>BONELESS CHICKEN (12) BREAST TERRIYAKI Cranberry Sauce Rice Pilaf Leaf Spinach Italian Bread Tropical Fruit Salad</p> | <p>Cold Plate: LITE SALT(13) HAM W/MUSTARD Red Skin Potato Salad 3 Bean Salad Orange Juice Pumpernickel Bread Applesauce</p> | <p>SPECIAL DINNER (14) "Celebrate America" Baked Meatloaf W/Gravy Baked Potato, Broccoli Cuts Dinner Roll Raspberry Gelatin W/Diced Pears & Topping</p> | <p>BAKED HADDOCK (15) SQUARE W/Tartar Sauce Mashed Potatoes Frozen Mixed Vegetables Round Roll V-8 Juice Fresh Fruit in Season</p> | <p>VEAL PARMESAN (16) w/It. Style Tomato Sauce Spaghetti W/Parm. Cheese Italian Blend Vegetables Italian Bread Fruit Cocktail</p> |
| <p>LITE SALT FRANKS (19) Mustard Mashed Potatoes Sauerkraut Long Roll Peaches</p>  | <p>TURKEY W/GRAVY (20) Cranberry Sauce Mashed Sweet Potatoes Peas Rye Bread Pineapple Juice Ice Cream Cup</p> | <p>MACARONI & CHEESE(21) CASSEROLE W/1 oz. Cheese Topping Leaf Spinach Zucchini & Tomatoes Whole Wheat Bread Frosted Sheet Cake</p> | <p>COLD PLATE: (22) ROAST BEEF W/MAYO Red Skin Potato Salad Cottage Cheese W/Peaches Italian Bread Apple Juice Fresh Fruit in Season</p> | <p>SALISBURY STEAK (23) W/GRAVY Fluffy Potatoes Whole Baby Carrots Dinner Roll Butterscotch Pudding W/Topping</p> |
| <p>SL. STEAK W/ONION (26) & CHEESE SAUCE Baked Potato Meadow Blend Vegetables Round Roll Pear/Pineapple Cup</p> | <p>BBQ RIB TICKLER (27) Baked Beans Broccoli Cuts White Bread Cranberry Juice Applesauce W/Cinnamon</p> | <p>COLD PLATE: (28) SL. CHICKEN W/MAYO Macaroni Salad Tomato Slices on Lettuce Pumpernickel Bread Tropical Fruit Salad</p> | <p>SPANISH RICE (Meat (29) Sauce & Steamed Rice) Frozen Mixed Vegetables Leaf Spinach, White Bread Apricot Juice Fresh Fruit in Season</p> | <p>POTATO CRUNCH (30) POLLOCK FILLET Tartar Sauce Fluffy Potatoes Harvard Beets Round Roll Sponge Cake</p>  |