

MENU

Rensselaer County Department of Unified Family Services- AGING Nutrition Services- 518-270-2730

To Reserve or Cancel Call: Troy: 518-270-2740 *GRAB & GO CALL* Rensselaer 518-487-4427

Hoosick Falls: 518-686-7561 Grafton: 518-279-3413

****MENU SUBJECT TO CHANGE****

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3) Shepard's Pie Seasoned Beef in Gravy Buttery Mashed Potatoes Peas & Carrots Biscuit Fruit Cocktail	4) Simple Baked Chicken w/Rosemary Gravy Baked Sweet Potato Wax Beans Wheat Bread Fresh Fruit	5) Ham Steak w/Pineapple Glaze Red Potato Whole Baby Carrots Rye Bread Granola bar	6) Salisbury Steak w/Smothered Gravy Mashed Potatoes Brussel Sprouts Dinner Roll Fresh Fruit	7) Creamy Macaroni & Cheese Zucchini & Tomatoes Normandy Blend Strawberry Applesauce
10) Cheeseburger Tater Tots Steamed Broccoli Round Roll Diced Pears	11) Lemon Garlic Cod w/Tartar Rice Diced Carrots Peanut Butter Crackers	12) Sausage w/Pork Gravy Garlic Butter Noodles Peas & Onions Dinner Roll Cookie	13) Chicken Patty Parm Pasta w/Sauce Italian Blend Veggies Garlic Bread Stick Fresh Fruit	14) Turkey Burger Ruben w/Russian Dressing Seasoned Sauerkraut Steak Fries Marble Rye Tropical Fruit
17)  President's Day	18) Chicken Cordon Bleu Mushroom Garlic Pasta Spinach Diced Peaches	19) <p style="text-align: center;">CHEF'S CHOICE</p>	20) Beef Stew w/Garden Veggies Fluffy Potatoes Carrot Coins Biscuit Fresh Fruit	21) Raviolis & Sauce Eggplant Cutlet w/sauce Peas w/Garlic Mushrooms Italian Bread Yogurt
24) Sloppy Joe Cut Corn Cut Green Beans Round Roll Fresh Fruit	25) L/S Hot Dogs w/Mustard Vegetarian Baked Beans Seasoned Sauerkraut Hot Dog Roll Mandarin Orange Cup	26) Turkey A 'la King Diced Potatoes Peas & Carrots Biscuit Ice Cream Cup	27) Butter Crumb Cod w/Tartar Rice Spinach Fresh Fruit	28) Roast Beef Cold Plate w/Horsey Mayo Potato Salad Pickled Beet Salad White Bread Diced Peaches
			Nutrition Abbreviations: NCS-No Concentrated Sweets L/S-Low Sodium (salt) Soft-Low Fiber UNS-Unsweetened	This Program is funded by the U.S. Administration on Aging Older Americans Act, NYS Office for the Aging and Rensselaer County. Suggested Contribution \$3.00 per meal

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