

**MENU**

**Rensselaer County Department of Unified Family Services- AGING Nutrition Services- 518-270-2740**

To Reserve or Cancel Call: Troy: 518-270-2740 Schodack: 518-477-6591 Rensselaer 518-463-2166

Hoosick Falls: 518-686-7561 Grafton: 518-270-2740

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

**September 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Nutrition Abbreviations:</b>                      NCS-No Concentrated Sweets                      L/S-Low Sodium (salt)                      Soft-Low Fiber                      UNS-Unsweetened</p>	<p><i>This program is made possible through funds from NYS Office for the Aging, ACL and the generous support of Rensselaer County.</i></p>		<p>1) Ham Steak w/ PA Glaze                      Sweet Potatoes                      Brussel Sprouts                      Rye Bread                      Fresh Fruit</p>	<p>2) Grilled Chicken Strips w/ Tossed Salad &amp; Dressing                      Macaroni Salad                      Croutons                      Yogurt</p> <p>+<b>SANDWICH BAG</b></p>
	<p>6) Pork Rib w/ Korean BBQ                      Garlic Sesame Noodles                      Broccoli Florets                      Biscuit                      Fresh Fruit</p>	<p>7) Sliced Turkey w/ Gravy                      Buttery Mashed Potatoes                      Cut Green Beans                      Rye Bread                      Fruit Cup</p>	<p>8) Prime Rib Burger w/                      Onion Gravy                      Baked Potato                      Spinach                      Round Roll                      Ice Cream</p>	<p>9) Crab Salad Cold Plate                      Creamy Cucumber &amp; Tomato Salad                      Macaroni Salad                      Pudding</p> <p>+<b>SANDWICH BAG</b></p>
<p>12) L/S Hot Dogs                      Seasoned Sauerkraut                      Baked Beans                      Long Roll                      Yogurt</p>	<p>13) Fish Fillet w/ Butter Sauce                      Quartered Potatoes                      Sliced Carrots                      Dinner Roll                      Fresh Fruit</p>	<p>14)</p> <p><i><b>Chef's Choice</b></i></p>	<p>15) Chicken Pattie w/                      Orange Glaze                      Rice                      Broccoli Florets                      Fresh Fruit</p>	<p>16) Sliced Ham Cold Plate w/                      Mustard                      Potato Salad                      Pickled Beet Salad                      Rye Bread                      Cookie</p> <p>+ <b>SANDWICH BAG</b></p>
<p>19) Hawaiian Turkey Pattie                      Parslied Rice                      Winter Squash                      Round Roll                      Peanut Butter Crackers</p>	<p>20) Veal Pattie Mushroom Marsala                      Buttery Mashed Potatoes                      Peas &amp; Onions                      Italian Bread                      Fruit Cup</p>	<p>21) Italian Style Sausage &amp; Peppers                      Thin Spaghetti w/ Sauce                      Italian Blend Veggies                      Italian Bread                      Fresh Fruit</p>	<p>22) Chipotle Cod w/ Tartar                      White Rice                      Broccoli Florets                      Italian Ice</p>	<p>23) Macaroni and Cheese                      Zucchini &amp; Tomatoes                      California Blend Veggies                      Yogurt</p> <p>+ <b>SANDWICH BAG</b></p>
<p>26) Sloppy Joes                      Cut Corn                      Caribbean Blend Veggies                      Round Roll                      Fresh Fruit</p>	<p>27) Stuffed Shells w/ Meat Sauce                      Malibu Blend Veggies                      Italian Bread                      Cookie</p>	<p>28) Chicken Breast w/                      Rosemary Gravy                      Buttery Mashed Potatoes                      Sliced Carrots                      White Bread                      Fruit Cup</p>	<p>29) Prime Rib Burger w/                      French Onion Gravy                      Baked Potato                      Brussel Sprouts                      Dinner Roll                      Fresh Fruit</p>	<p>30) Turkey BLT Cold Plate                      Italian Pasta Salad                      Cottage Cheese w/ Peach Slices                      Whole Wheat Bread                      Granola Bar</p> <p>+ <b>SANDWICH BAG</b></p>

*Suggested contribution \$3.00 per meal. Guests under 60 must pay \$5.00 per meal. No one is denied due to the inability to contribute.*