

MENU

Rensselaer County Department of Unified Family Services- AGING Nutrition Services- 518-270-2740
To cancel your meal please call Sarah -518-270-2664 by 10:00 am Schodack: Grab and GO 518-477-6591

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

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

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition Abbreviations: NCS-No Concentrated Sweets L/S-Low Sodium (salt) Soft-Low Fiber UNS-Unsweetened</p>	<p><i>This Program is funded by the U.S. Administration on Aging Older Americans Act, NYS Office for the Aging and Rensselaer County.</i> <i>Suggested Contribution \$3.00 per meal</i></p>			<p>1) Sliced Turkey Cold Plate w/Mayo & Lettuce Italian Pasta Salad Creamy Cucumber and Tomato Salad White Bread Tropical Fruit</p>
<p>4) Sloppy Joe Whole Kernal Corn Sliced Carrots Round Roll Fresh Fruit</p>	<p>5)</p> 	<p>6) Harvest Cheddar Turkey Burger Parmesan Mashed Potatoes Winter Squash Round Roll Granola Bar</p>	<p>7) Chicken Breast Marsala Italian Roasted Potatoes Sliced Carrots Dinner Roll Fresh Fruit</p>	<p>8) Italian Style Sausage & Peppers Pasta w/Sauce Italian Blend Italian Bread Yogurt</p>
<p>11)</p> 	<p>12) Salisbury Steak w/Old Fashioned Gravy Buttery Mashed Potatoes Brussel Sprouts White Bread Fruit Bar</p>	<p>13) BBQ Chicken Patty Mashed Sweet Potatoes Cut Green Beans Diced Pears</p>	<p>14) Asian Style Beef & Broccoli White Rice Biscuit Fresh Fruit</p>	<p>15) Egg Salad Cold Plate Asian Cottage Cheese w/Peaches Strawberry Pineapple Cup</p>
<p>18) Cheeseburger Tater Tots Sliced Carrots Round Roll Fresh Fruit</p>	<p>19) Chicken Cordon Bleu Garlic Butter Noodles Spinach Yogurt</p>	<p>20) Lemon Garlic Cod w/Tartar Red Potatoes Broccoli Florets Fresh Fruit</p>	<p>21) <u>Thanksgiving Special Dinner</u> Turkey w/Gravy & Stuffing Cranberry Buttery Mashed potatoes Cut Green Beans Dinner Roll Pumpkin Pie w/Topping</p>	<p>22) L/S Hot Dogs w/Mustard Vegetarian Baked Beans Seasoned Sauerkraut Hot Dog Roll Mandarin Orange Cup</p>
<p>25) Stuffed Shell and Eggplant Cutlet w/Sauce Italian Blend Veggies Italian Bread Cookie</p>	<p>26) Chicken Tenders w/Honey Mustard Cut Corn Whole Baby Carrots Fresh Fruit</p>	<p>27) Korean BBQ Pork Rib Garlic Sesame Noodles Broccoli Florets Biscuit Tropical Fruit</p>	<p>28)</p> 	<p>29)</p> 

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