

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****

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Chicken Pattie w/ White Country Gravy Red Potatoes Peas & Carrots White Bread Peanut Butter Crackers	2) Prime Rib Burger w/ French Onion Gravy Diced Potatoes Brussel Sprouts Whole Wheat Bread Ice Cream	3) Pork Sausage w/ Gravy Butter Garlic Noodles Spinach White Bread Fresh Fruit	4) Egg Salad Cold Plate 3 Bean Salad Cottage Cheese w/ Peaches Fruit Cup + SANDWICH BAG
7) Cheddar Chive Cod Quartered Potatoes Normandy Blend Veggies Fresh Fruit		9) Popcorn Chicken w/ Orange Glaze Rice Broccoli Florets Granola Bar	10) Beef Stew w/ Garden Veggies Whole Baby Carrots Red Potatoes Biscuit Fruit Cup	
14) Grilled Chicken Strips w/ Korean BBQ Garlic Sesame Noodles Broccoli Florets Biscuit Cinnamon Apple Sauce	15) Prime Rib Cheeseburger French Fries Carrots Round Roll Fresh Fruit	16) Butter Crumb Fish w/ Tartar Rice Spinach Pudding	17) Turkey w/ Gravy Mashed Potatoes Peas & Onions Stuffing Dinner Roll Pumpkin Pie	18) Sliced Ham Cold Plate Potato Salad Pickled Beet Salad Rye Bread Fruit Cup + SANDWICH BAG
21) Ravioli w/ Alfredo Sauce Cut Corn Italian Blend Veggies Italian Bread Fresh Fruit	22) Chef's Choice	23) L/S Hot Dogs Seasoned Sauerkraut Baked Beans Long Roll Yogurt		
28) Chicken Breast w/ Mushroom Marsala Gravy Buttery Mashed Potatoes Sliced Carrots Dinner Roll Fruit Cup	29) BBQ Glaze Meatballs Mashed Sweet Potatoes Cut Green Beans Whole Wheat Bread Cookie	30) Creamy Macaroni & Cheese Zucchini & Tomatoes California Blend Veggies Granola Bar	Nutrition Abbreviations: NCS-No Concentrated Sweets L/S-Low Sodium (salt) Soft-Low Fiber UNS-Unsweetened	<i>This program is made possible through funds from NYS Office for the Aging, ACL and the generous support of Rensselaer County.</i>

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.