

NOON MEAL MENU - NUTRITION PROGRAM  
 SPONSORED BY CATHOLIC CHARITIES SENIOR SERVICES IN SCHENECTADY

DECEMBER 2011 DUANESBURG SENIOR MEAL CENTER

"NUTRITION PROGRAM RESERVES THE RIGHT TO MAKE ANY CHANGES WHEN  
 NECESSARY AND APPROPRIATE"

Suggested Meal Donation  
 Over 60 \$3.25 Under 60 \$6.00

Transportation  
 Suggested Donation \$2.50 Round Trip

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
				ROAST BEEF BAKED POTATO CARROTS CAKE MILK
5	6	7	8	9
ITALIAN SAUSAGE WITH ONIONS & PEPPERS BUTTERED PASTA ITALIAN MIX VEGETABLES BREAD OR ROLL APPLESAUCE MILK		STUFFED SHELLS SPINACH ITALIAN BREAD CHOCOLATE PUDDING MILK		POTATO CRUSTED HOKI PARSLEY POTATOES CORN WHEAT BREAD SLICED APPLES MILK
12	13	14	15	16
BAKED HAM SWEET POTATOES BROCCOLI CUTS DINNER ROLL PINEAPPLE TIDBITS MILK		PORK LOIN GRAVY BAKED POTATO CARROTS WHEAT ROLL BROWNIE MILK		PARISIAN COD ROASTED POTATOES PEAS WHITE BREAD PINEAPPLE CHUNKS MILK
19	20	21	22	23
BUTTERMILK CHICKEN WHIPPED POTATOES MIXED VEGETABLES WHITE BREAD MIXED BERRIES MILK		SALISBURY STEAK MUSHROOM GRAVY WHIPPED POTATOES CAPRI VEGETABLES DINNER ROLL PEAR HALVES MILK		CLOSED CHRISTMAS HOLIDAY
26	27	28	29	30
CLOSED CHRISTMAS HOLIDAY		ROAST TURKEY GRAVY CUT SWEET POTATOES COUNTRY VEGETABLES DINNER ROLL VANILLA PUDDING MILK		CARIBBEAN COD GARLIC MASH POTATOES CARROTS ITALIAN BREAD FRUITED JELL-O MILK

The Senior Nutrition and Transportation Program is operated by the Schenectady County Office for the Aging under contract with Catholic Charities Senior Services in Schenectady. The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County, and contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation or sexual orientation.

**Duanesburg**