

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

DECEMBER 2011 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
			EGGPLANT PARMESAN PENNE PASTA GREEN BEANS WHITE BREAD APRICOT HALVES MILK	TILAPIA RISSOLE POTATOES BROCCOLI WHEAT BREAD MANDARIN ORANGES MILK
5	6	7	8	9
ITALIAN SAUSAGE WITH ONIONS & PEPPERS BUTTERED PASTA ITALIAN MIX VEGETABLES BREAD OR ROLL APPLESAUCE MILK	GREEK CHICKEN GREEK POTATOES PEAS & ONIONS WHEAT BREAD SLICED PEARS MILK	STUFFED SHELLS SPINACH ITALIAN BREAD CHOCOLATE PUDDING MILK	MEATLOAF WITH GRAVY MASHED POTATOES ASPARAGUS CUTS DINNER ROLL MANDARIN ORANGES 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	VEAL MARSALA PARSLEY EGG NOODLES ITALIAN MIX VEGETABLES WHITE BREAD APRICOT HALVES MILK	PORK LOIN GRAVY BAKED POTATO CARROTS WHEAT ROLL BROWNIE MILK	MEATLOAF WITH GRAVY MASHED POTATOES GLAZED BEETS ITALIAN BREAD CHOCOLATE PUDDING 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	ROAST TURKEY WITH GRAVY HERB DRESSING HUBBARD SQUASH ITALIAN BREAD PUDDING MILK	SALISBURY STEAK MUSHROOM GRAVY WHIPPED POTATOES CAPRI VEGETABLES DINNER ROLL PEAR HALVES MILK	MACARONI & CHEESE STEWED TOMATOES DINNER ROLL FRUITED JELL-O MILK	CLOSED CHRISTMAS HOLIDAY
26	27	28	29	30
CLOSED CHRISTMAS HOLIDAY	ROOTBEER BBQ PORK BAKED BEANS GREEN & WAX BEANS ITALIAN BREAD DICED PEARS MILK	ROAST TURKEY GRAVY CUT SWEET POTATOES COUNTRY VEGETABLES DINNER ROLL VANILLA PUDDING MILK	CHICKEN SUPREME RICE PILAF PEAS & ONIONS WHEAT BREAD CHOCOLATE 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.

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