

Tuesday - Dinner	Wednesday - Dinner	Friday - Lunch
		<p><b>2</b></p> <p><b>Meatless Baked Ziti w/ Tomato Sauce</b> Italian Blend Vegetables Wheat Bread Chocolate Pudding</p>
<p><b>6</b></p> <p><b>Baked Chicken w/ Mushroom Gravy</b> Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce</p>	<p><b>7</b></p> <p><b>Turkey Tetrazzini w/ Peas</b> Beets Fruit Punch Wheat Bread Applesauce Cake</p>	<p><b>9</b></p> <p><b>Potato Crunch Fish</b> Peas Mashed Potatoes Wheat Bread Peaches</p>
<p><b>13</b></p> <p><b>Mac &amp; Cheese</b> Seasoned Zucchini &amp; Tomatoes Apple Juice Wheat Bread Peaches</p>	<p><b>14</b></p> <p><b>Citrus Marinated Chicken</b> Mashed Potatoes California Blend Vegetables Wheat Bread Vanilla Pudding</p>	<p><b>16</b></p> <p><b>Meatloaf w/ Mushroom Gravy</b> Whipped Sweet Potatoes Broccoli Wheat Bread Applesauce</p>
<p><b>20</b></p> <p><b>2- Lasagna Roll Ups w/ Marinara Sauce</b> Zucchini Wheat Bread Pound Cake</p>	<p><b>21</b></p> <p><b>Beef &amp; Broccoli</b> Carrots Rice Wheat Bread Mandarin Oranges</p>	<p><b>23</b></p> <p><b>Spanish Rice w/ Ground Beef &amp; Beans</b> Green Beans Corn Bread Tapioca Pudding</p>
<p><b>27</b></p> <p><b>Sloppy Joe on Wheat Bun</b> Seasoned Oven Roasted Red Potatoes Sautéed Summer Squash Rice Pudding</p>	<p><b>28</b></p> <p><b>Chicken Parmesan w/ Cheese</b> Cauliflower Penne Pasta Wheat Bread Pound Cake</p>	<p><b>30</b></p> <p><b>Roasted Pork Loin w/ Gravy</b> Seasoned Oven Roasted Sweet Potatoes Peas &amp; Carrots Wheat Bread Applesauce</p>

This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. All Albany County congregate meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregate meal program. **Contributions are voluntary, confidential, and purely optional.** All seniors are welcome and encouraged to attend our meal program. **Please make a reservation to assure we have a meal available at the meal program you would like to attend.** No one will be turned away due to an inability to make a contribution. All meals are served with milk. Some items may be subject to last-minute substitution.