

Monday	Tuesday	Thursday	Friday
		1 Chicken Jambalaya Green Beans Wheat Bread Brownie	2 Meatless Baked Ziti w/ Tomato Sauce Italian Blend Vegetables Wheat Bread Chocolate Pudding
5 American Goulash w/ Tomato Sauce Italian Blend Vegetables Corn Bread Oreo Cookies	6 Baked Chicken w/ Mushroom Gravy Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce	8 Cheeseburger w/Swiss On Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	9 Potato Crunch Fish Peas Mashed Potatoes Wheat Bread Peaches
12 Chicken Jambalaya Mixed Vegetables Grape Juice Rice Wheat Bread Mixed Fruit	13 Mac & Cheese Seasoned Zucchini & Tomatoes Apple Juice Wheat Bread Peaches	15 BBQ Pulled Pork On Wheat Bun Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots Applesauce Cake	16 Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli Wheat Bread Applesauce
19 Chicken Paella Peas & Carrots Apple Juice Rice Corn Bread Peaches	20 2- Lasagna Roll Ups w/ Marinara Sauce Zucchini Wheat Bread Pound Cake	22 Peach Glazed Chicken Mashed Sweet Potatoes Cauliflower Wheat Bread Brownie	23 Spanish Rice w/ Ground Beef & Beans Green Beans Corn Bread Tapioca Pudding
26 Baked Fish Mashed Potatoes Broccoli Wheat Bread Chocolate Pudding	27 Sloppy Joe On Wheat Bun Seasoned Oven Roasted Red Potatoes Sautéed Summer Squash Rice Pudding	29 Pepper Steak w/ Onions Beets Egg Noodles Corn Bread Mandarin Oranges	30 Roasted Pork Loin w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Wheat Bread Applesauce

*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.*