

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 A. Chicken a la King Carrots Applesauce Egg Noodles Wheat Bread Pound Cake B. Baked Fish</p>	<p>4 A. Ham with Pineapple Spinach Grape Juice Corn Bread Tapioca Pudding B. Baked Fish</p>	<p>5 A. Breakfast Scramble Home Fries Mandarin Oranges Wheat Bagel w/ Cream Cheese B. Baked Fish</p>	<p>6 A. Roasted Turkey with Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Mandarin Oranges B. Baked Fish</p>	<p>7 A. Beef & Vegetable Stir Fry Carrots Applesauce Rice Wheat Bread Applesauce Cake B. Baked Fish</p>
<p>10 A. Chicken Cacciatore Broccoli Rice Wheat Bread Peaches B. Baked Fish</p>	<p>11 A. Roast Pork with Gravy Mashed Potatoes Green Beans Wheat Stuffing Applesauce B. Baked Fish</p>	<p>12 A. Chicken Waldorf Salad on Bed of Lettuce Broccoli Salad Diced Pears B. Baked Fish</p>	<p>13 A. Beef Tips with Brown Gravy Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges B. Baked Fish</p>	<p>14 A. Lemon Garlic Baked Fish Seasoned Oven Roasted Potatoes Sautéed Spinach Wheat Bread Brownie B. Baked Chicken</p>
<p>17 A. American Goulash with Tomato Sauce Italian Blend Vegetables Corn Bread Oreo Cookies B. Baked Fish</p>	<p>18 A. Baked Chicken with Mushroom Gravy Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce B. Baked Fish</p>	<p>19 A. Golumpki (Stuffed Cabbage Rolls) Beets Wheat Bread Peaches Cookie</p>	<p>20 A. Swiss Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears B. Baked Fish</p>	<p>21 A. Potato Crunch Fish Peas Mashed Potatoes Wheat Bread Peaches B. Baked Chicken</p>
<p>24 A. Chicken Jambalaya Mixed Vegetables Grape Juice Rice Wheat Bread Mixed Fruit B. Baked Fish</p>	<p>25 A. Mac & Cheese Seasoned Zucchini & Tomatoes Apple Juice Wheat Bread Peaches B. Baked Fish</p>	<p>26 A. Egg Salad on Bed of Lettuce Three Bean Salad V-8 Juice Cookie B. Baked Fish</p>	<p>27 A. BBQ Pulled Pork on Wheat Bun Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots Applesauce Cake B. Baked Fish</p>	<p>28 A. Meatloaf with Mushroom Gravy Whipped Sweet Potatoes Broccoli Wheat Bread Applesauce B. Baked Fish</p>

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Memorial Day

Center Closed

This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging, the Administration for Community Living, CDPHP, Polish American Association. 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.

