

## May 2021 Menu

Tuesday - Dinner		Wednesday - Lunch		Thursday - Lunch	
<b>4</b>	<b>Ham with Pineapple</b> Spinach Grape Juice Corn Bread Tapioca Pudding	<b>5</b>	<b>Turkey Bolognese over Penne Pasta</b> Italian Blend Vegetables Peaches Wheat Bread Lorna Doone Cookies	<b>6</b>	<b>Roasted Turkey with Gravy</b> Mashed Potatoes Peas & Carrots Wheat Stuffing Mandarin Oranges
<b>11</b>	<b>Roast Pork with Gravy</b> Mashed Potatoes Green Beans Wheat Stuffing Applesauce	<b>12</b>	<b>BBQ Chicken</b> Seasoned Oven Roasted Sweet Potatoes California Blend Vegetables Wheat Bread Rice Pudding	<b>13</b>	<b>Beef Tips with Brown Gravy</b> Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges
<b>18</b>	<b>Baked Chicken with Mushroom Gravy</b> Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce	<b>19</b>	<b>Turkey Tetrazzini over Pasta with Peas</b> Beets Fruit Punch Wheat Bread Applesauce Cake	<b>20</b>	<b>Swiss Cheeseburger on Wheat Bun</b> Seasoned Roasted Potatoes Broccoli Pears
<b>25</b>	<b>Mac &amp; Cheese</b> Seasoned Zucchini & Tomatoes Apple Juice Wheat Bread Peaches	<b>26</b>	<b>Citrus Marinated Chicken</b> Mashed Potatoes California Blend Vegetables Wheat Bread Vanilla Pudding	<b>27</b>	<b>BBQ Pulled Pork on Wheat Bun</b> Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots Applesauce Cake

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.