

May 2021 Menu

Tuesday - Dinner	Wednesday - Lunch	Friday - Lunch
4 Ham with Pineapple Spinach Grape Juice Corn Bread Tapioca Pudding	5 Turkey Bolognese over Penne Pasta Italian Blend Vegetables Peaches Wheat Bread Lorna Doone Cookies	7 Beef & Vegetable Stir Fry Carrots Applesauce Rice Wheat Bread Applesauce Cake
11 Roast Pork with Gravy Mashed Potatoes Green Beans Wheat Stuffing Applesauce	12 BBQ Chicken Seasoned Oven Roasted Sweet Potatoes California Blend Vegetables Wheat Bread Rice Pudding	14 Lemon Garlic Baked Fish Seasoned Oven Roasted Potatoes Sautéed Spinach Wheat Bread Brownie
18 Baked Chicken with Mushroom Gravy Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce	19 Turkey Tetrazzini over Pasta with Peas Beets Fruit Punch Wheat Bread Applesauce Cake	21 Potato Crunch Fish Peas Mashed Potatoes Wheat Bread Peaches
25 Mac & Cheese Seasoned Zucchini & Tomatoes Apple Juice Wheat Bread Peaches	26 Citrus Marinated Chicken Mashed Potatoes California Blend Vegetables Wheat Bread Vanilla Pudding	28 Meatloaf with Mushroom Gravy Whipped Sweet Potatoes Broccoli 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.