

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 A. Roast Pork w/ Gravy Mashed Potatoes Green Beans Wheat Stuffing Applesauce B. Baked Fish	4 A. BBQ Chicken Roasted Sweet Potatoes California Blend Vegetables Wheat Bread Rice Pudding B. Chicken Salad Sandwich Carrots & Raisin Salad C. Baked Fish	5 A. Beef Tips w/ Gravy Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges B. Baked Fish	6
9	10 A. Chicken Tetrazzini Beets Fruit Punch Wheat Bread Applesauce Cake B. Baked Fish	11 A. Baked Chicken w/ Mushroom Gravy Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce B. Roast Beef Sandwich Coleslaw with Carrots Fruit Juice C. Baked Fish	12 A. Swiss Cheeseburger Roasted Potatoes Broccoli Pears B. Baked Fish	13
16	17 A. Mac & Cheese Zucchini & Tomatoes Apple Juice Wheat Bread Peaches B. Baked Fish	18 A. Citrus Marinated Chicken Mashed Potatoes California Blend Vegetables Wheat Bread Vanilla Pudding B. Egg Salad Sandwich Chickpea Salad C. Baked Fish	19 A. BBQ Pulled Pork Roasted Potatoes Coleslaw w/ Carrots Wheat Bun Applesauce Cake B. Baked Fish	20
23	24 A. Lasagna Roll Ups w/Marinara Zucchini Wheat Bread Pound Cake B. Baked Fish	25 A. Beef & Broccoli Carrots Rice Wheat Bread Mandarin Oranges B. Roast Beef Sandwich Potato Salad w/ Carrots C. Baked Fish	26 A. Peach Glazed Chicken Mashed Sweet Potatoes Cauliflower Wheat Bread Brownie B. Baked Fish	27
30	31 A. Sloppy Joe Roasted Red Potatoes Sautéed Summer Squash Rice Pudding B. Baked Fish	Name: _____ Phone Number: _____ Please clearly circle A - B - C indicating which meal you would like to order for each day.		

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, and CDPHP. 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.

