

Lunch on Monday from 11:30 am - 12:30 pm (doors open at 11 am)
Dinner on Wednesday 4:30 pm - 5:30 pm (doors open at 4 pm)

Please reserve your meal by 1pm the business day prior to the meal by calling: 518-465-3322

Monday	Tuesday	Wednesday	Thursday	Friday
2 A. Lemon Garlic Baked Fish Roasted Potatoes Sautéed Spinach <i>Wheat Bread</i> <i>Brownie</i> B. Baked Chicken	3	4 A. BBQ Chicken Roasted Sweet Potatoes California Blend Vegetables <i>Wheat Bread</i> <i>Rice Pudding</i> B. Chicken Salad Sandwich Carrots & Raisin Salad C. Baked Fish	5	6
9 A. American Goulash Italian Blend Vegetables Corn Bread Oreo Cookies B. Baked Fish	10	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	13
16 A. Chicken Jambalaya Mixed Vegetables Grape Juice Rice Wheat Bread Mixed Fruit B. Baked Fish	17	18 A. Citrus Marinated Chicken Mashed Potatoes California Blend Vegetables <i>Wheat Bread</i> <i>Vanilla Pudding</i> B. Egg Salad Sandwich Chickpea Salad C. Baked Fish	19	20
23 A. Chicken Paella Peas & Carrots Apple Juice Rice Cornbread Peaches B. Baked Fish	24	25 A. Beef & Broccoli Carrots Rice <i>Wheat Bread</i> <i>Mandarin Oranges</i> B. Roast Beef Sandwich Potato Salad w/ Carrots C. Baked Fish	26	27
30 A. Baked Fish Mashed Potatoes Broccoli Wheat Bread Chocolate Pudding B. Baked Chicken	31	<p>Name: _____</p> <p>Phone Number: _____</p> <p>Please clearly circle A - B - C indicating which meal you would like to order for each day.</p>		

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.

