

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>A. Chicken Cacciatore</b> Broccoli Rice Wheat Bread Peaches</p> <p><b>B. Baked Fish</b></p>	<p><b>3</b></p> <p><b>A. Roast Pork w/ Gravy</b> Mashed Potatoes Green Beans Wheat Stuffing Applesauce</p> <p><b>B. Baked Fish</b></p>	<p><b>4</b></p> <p><b>A. BBQ Chicken</b> Roasted Sweet Potatoes California Blend Vegetables Wheat Bread Rice Pudding</p> <p><b>B. Chicken Salad Sandwich</b> Carrots &amp; Raisin Salad</p> <p><b>C. Baked Fish</b></p>	<p><b>5</b></p> <p><b>A. Beef Tips w/ Gravy</b> Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges</p> <p><b>B. Baked Fish</b></p>	<p><b>6</b></p> <p><b>A. Lemon Garlic Baked Fish</b> Roasted Potatoes Sautéed Spinach Wheat Bread Brownie</p> <p><b>B. Tuna Salad Sandwich</b> Cucumber &amp; Tomato Salad</p> <p><b>C. Baked Chicken</b></p>
<p><b>9</b></p> <p><b>A. American Goulash</b> Italian Blend Vegetables Corn Bread Oreo Cookies</p> <p><b>B. Baked Fish</b></p>	<p><b>10</b></p> <p><b>A. Baked Chicken w/ Mushroom Gravy</b> Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce</p> <p><b>B. Baked Fish</b></p>	<p><b>11</b></p> <p><b>A. Turkey Tetrazzini</b> Beets Fruit Punch Wheat Bread Applesauce Cake</p> <p><b>B. Roast Beef Sandwich</b> Coleslaw with Carrots Fruit Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>12</b></p> <p><b>A. Swiss Cheeseburger</b> Roasted Potatoes Broccoli Pears</p> <p><b>B. Baked Fish</b></p>	<p><b>13</b></p> <p><b>A. Potato Crunch Fish</b> Peas Mashed Potatoes Wheat Bread Peaches</p> <p><b>B. Cottage Cheese w/ Hard Boiled Egg</b> Three Bean Salad Grape Juice</p> <p><b>C. Baked Chicken</b></p>
<p><b>16</b></p> <p><b>A. Chicken Jambalaya</b> Mixed Vegetables Grape Juice Rice Wheat Bread Mixed Fruit</p> <p><b>B. Baked Fish</b></p>	<p><b>17</b></p> <p><b>A. Mac &amp; Cheese</b> Zucchini &amp; Tomatoes Apple Juice Wheat Bread Peaches</p> <p><b>B. Baked Fish</b></p>	<p><b>18</b></p> <p><b>A. Citrus Marinated Chicken</b> Mashed Potatoes California Blend Vegetables Wheat Bread Vanilla Pudding</p> <p><b>B. Egg Salad Sandwich</b> Chickpea Salad</p> <p><b>C. Baked Fish</b></p>	<p><b>19</b></p> <p><b>A. BBQ Pulled Pork</b> Roasted Potatoes Coleslaw w/ Carrots Wheat Bun Applesauce Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>20</b></p> <p><b>A. Meatloaf w/ Mushroom Gravy</b> Whipped Sweet Potatoes Broccoli Wheat Bread Applesauce</p> <p><b>B. Chicken Salad Sandwich</b> Tomato/Cucumber Salad</p> <p><b>C. Baked Fish</b></p>
<p><b>23</b></p> <p><b>A. Chicken Paella</b> Peas &amp; Carrots Apple Juice Rice Cornbread Peaches</p> <p><b>B. Baked Fish</b></p>	<p><b>24</b></p> <p><b>A. Lasagna Roll Ups w/Marinara</b> Zucchini Wheat Bread Pound Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>25</b></p> <p><b>A. Beef &amp; Broccoli</b> Carrots Rice Wheat Bread Mandarin Oranges</p> <p><b>B. Roast Beef Sandwich</b> Potato Salad w/ Carrots</p> <p><b>C. Baked Fish</b></p>	<p><b>26</b></p> <p><b>A. Peach Glazed Chicken</b> Mashed Sweet Potatoes Cauliflower Wheat Bread Brownie</p> <p><b>B. Baked Fish</b></p>	<p><b>27</b></p> <p><b>A. Spanish Rice w/ Beef &amp; Beans</b> Green Beans Cornbread Tapioca Pudding</p> <p><b>B. Chicken Curry Salad Sandwich</b> Broccoli Salad Apple Juice Wheat Bread</p> <p><b>C. Baked Fish</b></p>
<p><b>30</b></p> <p><b>A. Baked Fish</b> Mashed Potatoes Broccoli Wheat Bread Chocolate Pudding</p> <p><b>B. Baked Chicken</b></p>	<p><b>31</b></p> <p><b>A. Sloppy Joe</b> Roasted Red Potatoes Sautéed Summer Squash Rice Pudding</p> <p><b>B. Baked Fish</b></p>	<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.

