


Monday	Tuesday	Wednesday	Thursday	Friday
Name: _____ Phone Number: _____ Please clearly circle A - B - C indicating which meal you would like to order for each day.		1	2	3 A. Roasted Pork w/ Gravy Roasted Sweet Potatoes Peas & Carrots Wheat Bread Applesauce B. Ham Salad Sandwich Chickpea Salad C. Baked Fish
6  CENTER CLOSED	7 A. Ham w/ Pineapple Spinach Grape Juice Cornbread Tapioca Pudding B. Baked Fish	8	9	10 A. Beef & Veggie Stir Fry over Rice Carrots Applesauce Wheat Bread Applesauce Cake B. BLT Pasta Salad w/ Chicken V-8 Juice C. Baked Fish
13 A. Chicken Cacciatore Broccoli Rice Wheat Bread Peaches B. Baked Fish	14 A. Roast Pork w/ Gravy Mashed Potatoes Green Beans Wheat Stuffing Applesauce B. Baked Fish	15	16	17 A. Lemon Garlic Baked Fish Roasted Potatoes Sautéed Spinach Wheat Bread Brownie B. Tuna Salad Sandwich Cucumber & Tomato Salad C. Baked Chicken
20 A. American Goulash Italian Blend Vegetables Corn Bread Oreo Cookies B. Baked Fish	21 A. Baked Chicken w/ Mushroom Gravy Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce B. Baked Fish	22	23	24 A. Potato Crunch Fish Peas Mashed Potatoes Wheat Bread Peaches B. Cottage Cheese w/ Hard Boiled Egg Three Bean Salad Grape Juice C. Baked Chicken
27 A. Chicken Jambalaya Mixed Vegetables Grape Juice Rice Wheat Bread Mixed Fruit B. Baked Fish	28 A. Mac & Cheese Zucchini & Tomatoes Apple Juice Wheat Bread Peaches B. Baked Fish	29	30	

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.

