


Lunch served Monday - Friday from 12 - 1 pm (doors open at 11:30 am)  
Please reserve your meal by 1pm the business day prior to the meal by calling:  
518-235-2420 or emailing eslezak@seniorservicesofalbany.com

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p><b>1</b></p> <p><b>A. Chicken Parmesan</b> Cauliflower Penne Pasta Wheat Bread Pound Cake</p> <p><b>B. Egg Salad Sandwich</b> Coleslaw w/ Carrots Peaches</p> <p><b>C. Baked Fish</b></p>	<p><b>2</b></p> <p><b>A. Pepper Steak w/ Onions over Noodles</b> Beets Cornbread Mandarin Oranges</p> <p><b>B. Baked Fish</b></p>	<p><b>3</b></p> <p><b>A. Roasted Pork w/ Gravy</b> Roasted Sweet Potatoes Peas &amp; Carrots Wheat Bread Applesauce</p> <p><b>B. Ham Salad Sandwich</b> Chickpea Salad</p> <p><b>C. Baked Fish</b></p>
<p><b>6</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>7</b></p> <p><b>A. Ham w/ Pineapple</b> Spinach Grape Juice Cornbread Tapioca Pudding</p> <p><b>B. Baked Fish</b></p>	<p><b>8</b></p> <p><b>A. Turkey Bolognese</b> Italian Blend Vegetables Peaches Wheat Bread Lorna Doone Cookies</p> <p><b>B. Cottage Cheese with Pineapple</b> Carrots &amp; Raisin Salad</p> <p><b>C. Baked Fish</b></p>	<p><b>9</b></p> <p><b>A. Roasted Turkey w/ Gravy</b> Mashed Potatoes Peas &amp; Carrots Wheat Stuffing Mandarin Oranges</p> <p><b>B. Baked Fish</b></p>	<p><b>10</b></p> <p><b>A. Beef &amp; Veggie Stir Fry over Rice</b> Carrots Applesauce Wheat Bread Applesauce Cake</p> <p><b>B. BLT Pasta Salad w/ Chicken</b> V-8 Juice</p> <p><b>C. Baked Fish</b></p>
<p><b>13</b></p> <p><b>A. Chicken Cacciatore</b> Broccoli Rice Wheat Bread Peaches</p> <p><b>B. Baked Fish</b></p>	<p><b>14</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>15</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>16</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>17</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>20</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>21</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>22</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>23</b></p> <p><b>A. Swiss Cheeseburger</b> Roasted Potatoes Broccoli Pears</p> <p><b>B. Baked Fish</b></p>	<p><b>24</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>27</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>28</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>29</b></p> <p><b>A. Frank &amp; Beans</b> Macaroni Salad Fruit Cocktail Cookie</p> <p><b>B. Baked Fish</b></p>	<p><b>30</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>	

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.

