

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
<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>3</b></p>
<p><b>6</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>7</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>10</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>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>17</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>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>24</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>29</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>30</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.

