

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Name:</b> _____</p> <p><b>Phone Number:</b> _____</p> <p><b>Please clearly circle A - B - C indicating which meal you would like to order for each day.</b></p>				<p><b>1</b></p> <p><b>A. Meatloaf w/ Mushroom Gravy</b> Whipped Sweet Potatoes Broccoli Wheat Bread Applesauce</p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken Salad Sandwich</b> Tomato/Cucumber Salad</p>
<p><b>4</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>5</b></p> <p><b>A. Lasagna Roll Ups with Marinara Sauce</b> Zucchini Wheat Bread Pound Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p> <p><b>A. Spanish Rice with Beef &amp; Beans</b> Green Beans Cornbread Tapioca Pudding</p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken Curry Salad Sandwich on Wheat</b> Broccoli Salad Apple Juice</p>
<p><b>11</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>12</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><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p> <p><b>A. Roasted Pork with Gravy</b> Roasted Sweet Potatoes Peas &amp; Carrots Wheat Bread Applesauce</p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham Salad Sandwich</b> Chickpea Salad</p>
<p><b>18</b></p> <p><b>A. Chicken a la King</b> Carrots Applesauce Egg Noodles Wheat Bread Pound Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>19</b></p> <p><b>A. Ham with Pineapple</b> Spinach Grape Juice Cornbread Tapioca Pudding</p> <p><b>B. Baked Fish</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p> <p><b>A. Beef &amp; Veggie Stir Fry over Rice</b> Carrots Applesauce Wheat Bread Applesauce Cake</p> <p><b>B. Baked Fish</b></p> <p><b>C. BLT Pasta Salad with Chicken</b> V-8 Juice</p>
<p><b>25</b></p> <p><b>A. Chicken Cacciatore</b> Broccoli Rice Wheat Bread Peaches</p> <p><b>B. Baked Fish</b></p>	<p><b>26</b></p> <p><b>A. Roast Pork with Gravy</b> Mashed Potatoes Green Beans Wheat Stuffing Applesauce Birthday Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p> <p><b>A. Lemon Garlic Baked Fish</b> Roasted Potatoes Sautéed Spinach Wheat Bread Brownie</p> <p><b>B. Baked Chicken</b></p> <p><b>C. Tuna Salad Sandwich</b> Cucumber &amp; Tomato Salad</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.

