

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>				<b>1</b>
<b>4</b>	<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>A. Beef &amp; Broccoli</b> Carrots Rice <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Roast Beef Sandwich</b> Potato Salad w/ Carrots</p>	<p><b>7</b></p> <p><b>A. Peach Glazed Chicken</b> Mashed Sweet Potatoes Cauliflower Wheat Bread Brownie</p> <p><b>B. Baked Fish</b></p>	<b>8</b>
<b>11</b>	<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>A. Chicken Parmesan</b> Cauliflower Penne Pasta <i>Wheat Bread</i> <i>Pound Cake</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Egg Salad Sandwich</b> Coleslaw with Carrots Peaches</p>	<p><b>14</b></p> <p><b>A. Pepper Steak with Onions over Noodles</b> Beets Cornbread Mandarin Oranges</p> <p><b>B. Baked Fish</b></p>	<b>15</b>
<b>18</b>	<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>A. Turkey Bolognese</b> Italian Blend Vegetables Peaches <i>Wheat Bread</i> <i>Lorna Doone Cookies</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Cottage Cheese with Pineapple</b> Carrots &amp; Raisin Salad</p>	<p><b>21</b></p> <p><b>A. Roasted Turkey with Gravy</b> Mashed Potatoes Peas &amp; Carrots Wheat Stuffing Mandarin Oranges</p> <p><b>B. Baked Fish</b></p>	<b>22</b>
<b>25</b>	<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>A. BBQ Chicken</b> Roasted Sweet Potatoes California Blend Vegetables <i>Wheat Bread</i> <i>Rice Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken Salad Sandwich</b> Carrots &amp; Raisin Salad</p>	<p><b>28</b></p> <p><b>A. Beef Tips with Gravy</b> Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges</p> <p><b>B. Baked Fish</b></p>	<b>29</b>

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.

