

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>
<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>	<b>5</b>	<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>	<b>7</b>	<b>8</b>
<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>	<b>12</b>	<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>	<b>14</b>	<b>15</b>
<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>	<b>19</b>	<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>	<b>21</b>	<b>22</b>
<p><b>25</b></p> <p><b>A. Chicken Cacciatore</b> Broccoli Rice Wheat Bread Peaches</p> <p><b>B. Baked Fish</b></p>	<b>26</b>	<p><b>27</b></p> <p><b>A. BBQ Chicken</b> Roasted Sweet Potatoes California Blend Vegetables <i>Wheat Bread</i> <i>Birthday Cake</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken Salad Sandwich</b> Carrots &amp; Raisin Salad</p>	<b>28</b>	<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.