

Watervliet Senior Center - October 2021 Menu

1501 Broadway | Watervliet, NY 12189



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: 518-273-4422 or emailing: tfrost@lifepathny.org

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>1</p> <p>A. Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli Wheat Bread Applesauce</p> <p>B. Baked Fish</p> <p>C. Chicken Salad Sandwich Tomato/Cucumber Salad</p>	
<p>4</p> <p>A. Chicken Paella Peas & Carrots Apple Juice Rice Cornbread Peaches</p> <p>B. Baked Fish</p>		<p>5</p> <p>A. Lasagna Roll Ups with Marinara Sauce Zucchini Wheat Bread Pound Cake</p> <p>B. Baked Fish</p>		<p>6</p> <p>A. Beef & Broccoli Carrots Rice Wheat Bread Mandarin Oranges</p> <p>B. Baked Fish</p> <p>C. Roast Beef Sandwich Potato Salad w/ Carrots</p>		<p>7</p> <p>A. Peach Glazed Chicken Mashed Sweet Potatoes Cauliflower Wheat Bread Brownie</p> <p>B. Baked Fish</p>		<p>8</p> <p>A. Spanish Rice with Beef & Beans Green Beans Cornbread Tapioca Pudding</p> <p>B. Baked Fish</p> <p>C. Chicken Curry Salad Sandwich on Wheat Broccoli Salad Apple Juice</p>	
<p>11</p> <p>A. Baked Fish Mashed Potatoes Broccoli Wheat Bread Chocolate Pudding</p> <p>B. Baked Chicken</p>		<p>12</p> <p>A. Sloppy Joe Roasted Red Potatoes Sautéed Summer Squash Rice Pudding</p> <p>B. Baked Fish</p>		<p>13</p> <p>A. Chicken Parmesan Cauliflower Penne Pasta Wheat Bread Pound Cake</p> <p>B. Baked Fish</p> <p>C. Egg Salad Sandwich Coleslaw with Carrots Peaches</p>		<p>14</p> <p>A. Pepper Steak with Onions over Noodles Beets Cornbread Mandarin Oranges</p> <p>B. Baked Fish</p>		<p>15</p> <p>A. Roasted Pork with Gravy Roasted Sweet Potatoes Peas & Carrots Wheat Bread Applesauce</p> <p>B. Baked Fish</p> <p>C. Ham Salad Sandwich Chickpea Salad</p>	
<p>18</p> <p>A. Chicken a la King Carrots Applesauce Egg Noodles Wheat Bread Pound Cake</p> <p>B. Baked Fish</p>		<p>19</p> <p>A. Ham with Pineapple Spinach Grape Juice Cornbread Tapioca Pudding</p> <p>B. Baked Fish</p>		<p>20</p> <p>A. Turkey Bolognese Italian Blend Vegetables Peaches Wheat Bread Lorna Doone Cookies</p> <p>B. Baked Fish</p> <p>C. Cottage Cheese with Pineapple Carrots & Raisin Salad</p>		<p>21</p> <p>A. Roasted Turkey with Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Mandarin Oranges</p> <p>B. Baked Fish</p>		<p>22</p> <p>A. Beef & Veggie Stir Fry over Rice Carrots Applesauce Wheat Bread Applesauce Cake</p> <p>B. Baked Fish</p> <p>C. BLT Pasta Salad with Chicken V-8 Juice</p>	
<p>25</p> <p>A. Chicken Cacciatore Broccoli Rice Wheat Bread Peaches</p> <p>B. Baked Fish</p>		<p>26</p> <p>A. Roast Pork with Gravy Mashed Potatoes Green Beans Wheat Stuffing Applesauce</p> <p>B. Baked Fish</p>		<p>27</p> <p>A. BBQ Chicken Roasted Sweet Potatoes California Blend Vegetables Wheat Bread Birthday Cake</p> <p>B. Baked Fish</p> <p>C. Chicken Salad Sandwich Carrots & Raisin Salad</p>		<p>28</p> <p>A. Beef Tips with Gravy Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges</p> <p>B. Baked Fish</p>		<p>29</p> <p>A. Lemon Garlic Baked Fish Roasted Potatoes Sautéed Spinach Wheat Bread Brownie</p> <p>B. Baked Chicken</p> <p>C. Tuna Salad Sandwich Cucumber & 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.

