

Monday	Tuesday	Wednesday	Thursday	Friday
1 A. MAC & CHEESE Stewed Tomatoes Fruit Cookie B. BAKED FISH	2 A. CHICKEN TERIYAKI OVER RICE WITH ASIAN VEGETABLES Fruit & Cake B. BAKED FISH	3	4	5 A. ROAST BEEF WITH MASHED POTATOES & GRAVY Broccoli Fruit B. BAKED FISH C. TUNA SALAD PLATE Chickpea Salad
8 A. LEMON GARLIC FISH Mashed Potatoes Peas & Carrots Cookie B. BAKED CHICKEN	9 A. SPINACH BEEF MACARONI BAKE Green Beans Fruit Cake B. BAKED FISH	10	11	12 A. MAC & CHEESE Stewed Tomatoes Brownie B. BAKED FISH C. TUNA SANDWICH Carrot & Raisin Salad
15 A. CHICKEN CACCIATORE Penne Pasta Mixed Vegetables Pudding B. BAKED FISH	16 A. HAM & BEAN CASSEROLE Green Beans Fruit B. BAKED FISH	17	18	19 A. SWISS CHEESEBURGER Roasted Potatoes Peas & Carrots Cookies B. BAKED FISH C. BLT PASTA SALAD WITH CHICKEN
22 A. CHILI CON CARNE Mixed Vegetables Pudding B. BAKED FISH	23 A. ROASTED TURKEY WITH GRAVY AND MASHED POTATOES Stuffing & Peas Cranberry Sauce B. BAKED FISH	24	25	 <i>Thanksgiving</i> CENTER CLOSED NO MEALS SERVED TODAY
29 A. MEAT SAUCE OVER PENNE PASTA Mixed Vegetables Cake B. BAKED FISH	30 A. BBQ CHICKEN Roasted Sweet Potatoes Mixed Vegetables Fruit B. BAKED FISH	Name: _____ Phone Number: _____ Please clearly circle A - B - C indicating which meal you would like to order for each day.		

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.

