



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 A. CHICKEN TERIYAKI OVER RICE WITH ASIAN VEGETABLES Roasted Sweet Potatoes Peas & Carrots Fruit & Cake B. BAKED FISH	3 A. PORK ROAST & GRAVY Roasted Sweet Potatoes Peas & Carrots Fruit B. BAKED FISH C. COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad	4 A. LASAGNA ROLL-UPS WITH MARINARA Mixed Vegetables Fruit B. BAKED FISH	5
8	9 A. SPINACH BEEF MACARONI BAKE Green Beans Fruit Cake B. BAKED FISH	10 A. HONEY MUSTARD CHICKEN Rice Zucchini & Tomatoes Fruit B. BAKED FISH C. EGG SALAD SANDWICH Carrot & Pineapple Salad	11  ★ Veterans Day ★ * 11 november * CENTER CLOSED NO MEALS SERVED TODAY	12
15	16 A. HAM & BEAN CASSEROLE Green Beans Fruit B. BAKED FISH	17 A. ROAST PORK & GRAVY Mashed Sweet Potatoes Mixed Vegetables Fruit B. BAKED FISH C. MEATLOAF SANDWICH Three Bean Salad	18 A. SHEPHERD'S PIE Green Beans Fruit B. BAKED FISH	19
22	23 A. BAKED FISH Rice Zucchini & Tomatoes Cookie B. BAKED CHICKEN	24 A. ROASTED TURKEY WITH GRAVY AND MASHED POTATOES Stuffing & Peas Cranberry Sauce B. BAKED FISH C. CHICKEN SALAD SANDWICH	25  Thanksgiving CENTER CLOSED NO MEALS SERVED TODAY	26
29	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.