

Lunch on Monday from 11:30 am - 12:30 pm (doors open at 11 am)

Dinner on Wednesday 4:30 pm - 5:30 pm (doors open at 4 pm)

Please reserve your meal by 1pm the business day prior to the meal by calling: 518-465-3322

Monday	Tuesday	Wednesday	Thursday	Friday
1 A. MAC & CHEESE Stewed Tomatoes Fruit Cookie B. BAKED FISH	2	3 A. PORK ROAST & GRAVY Roasted Sweet Potatoes Peas & Carrots <i>Fruit</i> B. BAKED FISH C. COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad	4	5
8 A. LEMON GARLIC FISH Mashed Potatoes Peas & Carrots Cookie B. BAKED CHICKEN	9	10 A. HONEY MUSTARD CHICKEN Rice Zucchini & Tomatoes <i>Fruit</i> B. BAKED FISH C. EGG SALAD SANDWICH Carrot & Pineapple Salad	11	12
15 A. CHICKEN CACCIATORE Penne Pasta Mixed Vegetables Pudding B. BAKED FISH	16	17 A. ROAST PORK & GRAVY Mashed Sweet Potatoes Mixed Vegetables <i>Fruit</i> B. BAKED FISH C. MEATLOAF SANDWICH Three Bean Salad	18	19
22 A. CHILI CON CARNE Mixed Vegetables Pudding B. BAKED FISH	23	24 A. ROASTED TURKEY WITH GRAVY AND MASHED POTATOES Stuffing & Peas Cranberry Sauce B. BAKED FISH C. CHICKEN SALAD SANDWICH	25	26
29 A. MEAT SAUCE OVER PENNE PASTA Mixed Vegetables Cake B. BAKED FISH	30	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 congregational meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregational 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.

