

Monday	Tuesday	Wednesday	Thursday	Friday
1	<b>2</b> <b>CENTER CLOSED FOR ELECTION DAY GRAB &amp; GO MEALS ONLY</b> <b>A. CHICKEN TERIYAKI OVER RICE WITH ASIAN VEGETABLES</b> Fruit & Cake <b>B. BAKED FISH</b>	<b>3</b> <b>A. PORK ROAST &amp; GRAVY</b> Roasted Sweet Potatoes Peas & Carrots Fruit <b>B. BAKED FISH</b> <b>C. COTTAGE CHEESE WITH PINEAPPLE</b> Three Bean Salad	4	<b>5</b> <b>A. ROAST BEEF WITH MASHED POTATOES &amp; GRAVY</b> Broccoli Fruit <b>B. BAKED FISH</b> <b>C. TUNA SALAD PLATE</b> Chickpea Salad
8	<b>9</b> <b>A. SPINACH BEEF MACARONI BAKE</b> Green Beans Fruit Cake <b>B. BAKED FISH</b>	<b>10</b> <b>A. HONEY MUSTARD CHICKEN</b> Rice Zucchini & Tomatoes Fruit <b>B. BAKED FISH</b> <b>C. EGG SALAD SANDWICH</b> Carrot & Pineapple Salad	11	<b>12</b> <b>A. MAC &amp; CHEESE</b> Stewed Tomatoes Brownie <b>B. BAKED FISH</b> <b>C. TUNA SANDWICH</b> Carrot & Raisin Salad
15	<b>16</b> <b>A. HAM &amp; BEAN CASSEROLE</b> Green Beans Fruit <b>B. BAKED FISH</b>	<b>17</b> <b>A. ROAST PORK &amp; GRAVY</b> Mashed Sweet Potatoes Mixed Vegetables Fruit <b>B. BAKED FISH</b> <b>C. MEATLOAF SANDWICH</b> Three Bean Salad	18	<b>19</b> <b>A. SWISS CHEESEBURGER</b> Roasted Potatoes Peas & Carrots Cookies <b>B. BAKED FISH</b> <b>C. BLT PASTA SALAD WITH CHICKEN</b>
22	<b>23</b> <b>A. BAKED FISH</b> Rice Zucchini & Tomatoes Cookie <b>B. BAKED CHICKEN</b>	<b>24</b> <b>A. ROASTED TURKEY WITH GRAVY AND MASHED POTATOES</b> Stuffing & Peas Cranberry Sauce <b>B. BAKED FISH</b> <b>C. CHICKEN SALAD SANDWICH</b>	25	<b>26</b>  <i>Thanksgiving</i> <b>CENTER CLOSED</b> <b>NO MEALS SERVED TODAY</b>
29	<b>30</b> <b>A. BBQ CHICKEN</b> Roasted Sweet Potatoes Mixed Vegetables Fruit <b>B. BAKED FISH</b>	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.

