

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
<b>1</b> <b>A. MAC &amp; CHEESE</b> Stewed Tomatoes Fruit Cookie  <b>B. BAKED FISH</b>	<b>2</b> CENTER CLOSED FOR ELECTION DAY GRAB & GO MEALS ONLY  <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	<b>4</b> <b>A. LASAGNA ROLL-UPS                      WITH MARINARA</b> Mixed Vegetables Fruit  <b>B. BAKED FISH</b>	<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
<b>8</b> <b>A. LEMON GARLIC                      FISH</b> Mashed Potatoes Peas & Carrots Cookie  <b>B. BAKED CHICKEN</b>	<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	 <b>11</b> CENTER CLOSED NO MEALS SERVED TODAY	<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
<b>15</b> <b>A. CHICKEN CACCIATORE</b> Penne Pasta Mixed Vegetables Pudding  <b>B. BAKED FISH</b>	<b>16</b> <b>A. ROASTED TURKEY                      WITH GRAVY</b> Mashed Potatoes Stuffing Green Beans Pumpkin Pie  <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. TURKEY &amp; SWISS                      CHEESE SANDWICH</b> Coleslaw	<b>18</b> <b>A. SHEPHERD'S PIE</b> Green Beans Fruit  <b>B. BAKED FISH</b>	<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>
<b>22</b> <b>A. CHILI CON CARNE</b> Mixed Vegetables Pudding  <b>B. BAKED FISH</b>	<b>23</b> <b>A. BAKED FISH</b> Rice Zucchini & Tomatoes Cookie  <b>B. BAKED CHICKEN</b>	<b>24</b> <b>A. SOUTHWESTERN                      CASSEROLE</b> Parsley Carrots Fruit Cake  <b>B. BAKED FISH</b>  <b>C. CHICKEN SALAD                      SANDWICH</b> Cucumber & Tomato Salad	 Thanksgiving CENTER CLOSED NO MEALS SERVED TODAY	 Thanksgiving CENTER CLOSED NO MEALS SERVED TODAY
<b>29</b> <b>A. MEAT SAUCE                      OVER PENNE PASTA</b> Mixed Vegetables Cake  <b>B. BAKED FISH</b>	<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 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.

