

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Name:</b> _____ <b>Phone Number:</b> _____ Please clearly circle A - B - C indicating which meal you would like to order for each day.		<b>1</b> <b>A. MEXICAN BEEF &amp; RICE CASSEROLE</b> Mixed Vegetables <i>Applesauce</i> <b>B. BAKED FISH</b> <b>C. MEATLOAF SANDWICH</b> Pasta Salad	<b>2</b> <b>A. CHICKEN TETRAZZINI</b> Beets Fruit <b>B. BAKED FISH</b>	<b>3</b>
<b>6</b>	<b>7</b> <b>A. BEEF TIPS OVER MASHED POTATOES</b> Carrots Fruit <b>B. BAKED FISH</b>	<b>8</b> <b>A. SWEET &amp; SOUR CHICKEN</b> Rice Broccoli <i>Fruit</i> <b>B. BAKED FISH</b> <b>C. TURKEY SANDWICH</b> Coleslaw	<b>9</b> <b>A. MEATLOAF &amp; GRAVY</b> Mashed Sweet Potatoes Green Beans Applesauce <b>B. BAKED FISH</b>	<b>10</b>
<b>13</b>	<b>14</b> <b>A. CHICKEN TERIYAKI</b> Rice Asian Vegetables Fruit Cake <b>B. BAKED FISH</b>	<b>15</b> <b>A. PORK ROAST &amp; GRAVY</b> Roasted Sweet Potatoes Peas & Carrots <i>Fruit</i> <b>B. BAKED FISH</b> <b>C. COTTAGE CHEESE WITH PINEAPPLE</b> Three Bean Salad	<b>16</b> <b>A. LASAGNA ROLL-UPS WITH MARINARA</b> Mixed Vegetables Fruit <b>B. BAKED FISH</b>	<b>17</b>
<b>20</b>	<b>21</b> <b>A. SPINACH BEEF MACARONI BAKE</b> Green Beans Fruit Cake <b>B. BAKED FISH</b>	<b>22</b> <b>A. HONEY MUSTARD CHICKEN</b> Rice Zucchini & Tomatoes <i>Fruit</i> <b>B. BAKED FISH</b> <b>C. EGG SALAD SANDWICH</b> Carrot & Pineapple Salad	<b>23</b> <b>A. ROAST BEEF &amp; MASHED POTATOES WITH GRAVY</b> Broccoli Pudding <b>B. BAKED FISH</b>	<b>24</b>
<b>27</b>	<b>28</b> <b>A. HAM &amp; BEAN CASSEROLE</b> Green Beans Cake <b>B. BAKED FISH</b>	<b>29</b> <b>A. ROAST PORK &amp; GRAVY</b> Mashed Sweet Potatoes Mixed Vegetables <i>Fruit</i> <b>B. BAKED FISH</b> <b>C. TURKEY &amp; SWISS CHEESE SANDWICH</b> Coleslaw	<b>30</b> <b>A. SHEPHERD'S PIE</b> Green Beans Fruit <b>B. BAKED FISH</b>	<b>31</b>

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.

