


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>A. LEMON GARLIC FISH</b> Mashed Potatoes Zucchini & Tomatoes <i>Pudding</i> <b>B. BAKED CHICKEN</b> <b>C. SWISS CHEESE SANDWICH</b> Pasta Salad
<b>6</b> <b>A. CURRY CHICKEN</b> Rice Cauliflower Cookies <b>B. BAKED FISH</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>A. POTATO CRUNCH FISH</b> Roasted Potatoes Brussels Sprouts <i>Cake</i> <b>B. BAKED CHICKEN</b> <b>C. CHICKEN SALAD SANDWICH</b> Carrot & Raisin Salad
<b>13</b> <b>A. MAC &amp; CHEESE</b> Stewed Tomatoes Fruit Cookie <b>B. BAKED FISH</b>	<b>14</b> <b>A. CHICKEN TERIYAKI</b> Rice Asian Vegetables Fruit Cake <b>B. BAKED FISH</b>	<b>15</b> <b>A. BAKED HAM WITH PINEAPPLE GLAZE</b> Sweet Potatoes Peas Apple Pie <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>A. ROAST BEEF WITH MASHED POTATOES &amp; GRAVY</b> Broccoli <i>Fruit</i> <b>B. BAKED FISH</b> <b>C. TUNA SALAD PLATE</b> Chickpea Salad
<b>20</b> <b>A. BAKED FISH</b> Mashed Potatoes Peas & Carrots Cookie <b>B. BAKED CHICKEN</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>CENTER CLOSED</b>
<b>27</b> <b>A. CHICKEN CACCIATORE</b> Penne Pasta Mixed Vegetables Pudding <b>B. BAKED FISH</b>	<b>28</b> <b>A. HAM &amp; BEAN CASSEROLE</b> Green Beans Fruit <b>B. BAKED FISH</b>	<b>29</b> <b>A. ROAST PORK &amp; GRAVY</b> Mashed Sweet Potatoes Mixed Vegetables <i>Cake</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>CENTER CLOSED</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 congregare meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregare 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.

