

Monday	Tuesday	Wednesday	Thursday	Friday
3 A. CHILI CON CARNE Mixed Vegetables Pudding B. BAKED FISH	4 A. BAKED FISH Rice Zucchini & Tomatoes Cookie B. BAKED CHICKEN	5	6	7 A. MEATLESS BAKED ZITI Mixed Vegetables Pudding B. BAKED FISH C. TUNA SALAD SANDWICH Coleslaw Fruit
10 A. MEAT SAUCE OVER PENNE PASTA Mixed Vegetables Cake B. BAKED FISH	11 A. BBQ CHICKEN Roasted Sweet Potatoes Mixed Vegetables Fruit B. BAKED FISH	12	13	14 A. BAKED FISH Mashed Potatoes Zucchini & Tomatoes Pudding B. BAKED CHICKEN C. SWISS CHEESE SANDWICH Pasta Salad
17 	18 A. BEEF TIPS OVER MASHED POTATOES Carrots Fruit B. BAKED FISH	19	20	21 A. POTATO CRUNCH FISH Roasted Potatoes Brussels Sprouts Cake B. BAKED CHICKEN C. CHICKEN SALAD SANDWICH Carrot & Raisin Salad
24 A. MAC & CHEESE Stewed Tomatoes Fruit Cookie B. BAKED FISH	25 A. CHICKEN TERIYAKI Rice Asian Vegetables Fruit Cake B. BAKED FISH	26	27	28 A. ROAST BEEF WITH MASHED POTATOES & GRAVY Broccoli Fruit B. BAKED FISH C. TUNA SALAD PLATE Chickpea Salad
31 A. BAKED FISH Mashed Potatoes Peas & Carrots Cookie B. BAKED CHICKEN	 HAPPY New Year 2022! 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 congregated meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregated 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.

