

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 A. BAKED FISH Rice Zucchini & Tomatoes Cookie B. BAKED CHICKEN	5 A. SOUTHWESTERN CASSEROLE Parsley Carrots Fruit Cake B. BAKED FISH C. CHICKEN SALAD SANDWICH Cucumber & Tomato Salad	6 A. CHICKEN JAMBALAYA WITH SAUSAGE Green Beans Brownie B. BAKED FISH	7
10	11 A. BBQ CHICKEN Roasted Sweet Potatoes Mixed Vegetables Fruit B. BAKED FISH	12 A. MEXICAN BEEF & RICE CASSEROLE Mixed Vegetables Applesauce B. BAKED FISH C. MEATLOAF SANDWICH Pasta Salad	13 A. CHICKEN TETRAZZINI Beets Fruit B. BAKED FISH	14
17	18 A. BEEF TIPS OVER MASHED POTATOES Carrots Fruit B. BAKED FISH	19 A. SWEET & SOUR CHICKEN Rice Broccoli Fruit B. BAKED FISH C. TURKEY SANDWICH Coleslaw	20 A. MEATLOAF & GRAVY Mashed Sweet Potatoes Green Beans Applesauce B. BAKED FISH	21
24	25 A. CHICKEN TERIYAKI Rice Asian Vegetables Fruit Cake B. BAKED FISH	26 A. PORK ROAST & GRAVY Roasted Sweet Potatoes Peas & Carrots Fruit B. BAKED FISH C. COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad	27 A. LASAGNA ROLL-UPS WITH MARINARA Mixed Vegetables Fruit B. BAKED FISH	28
31	 <p>HAPPY New Year 2022!</p> <p>Name: _____</p> <p>Phone Number: _____</p> <p>Please clearly circle A - B - C indicating which meal you would like to order for each day.</p>			

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.

