

Please reserve your meal by 1pm the business day prior to the meal by calling: 518-465-3322

Monday	Tuesday	Wednesday	Thursday	Friday
3 A. CHILI CON CARNE Mixed Vegetables Pudding B. BAKED FISH	4	5 A. SOUTHWESTERN CASSEROLE Parsley Carrots Fruit Cake B. BAKED FISH C. CHICKEN SALAD SANDWICH Cucumber & Tomato Salad	6	7
10 A. MEAT SAUCE OVER PENNE PASTA Mixed Vegetables Cake B. BAKED FISH	11	12 A. MEXICAN BEEF & RICE CASSEROLE Mixed Vegetables Applesauce B. BAKED FISH C. MEATLOAF SANDWICH Pasta Salad	13	14
17 	18	19 A. SWEET & SOUR CHICKEN Rice Broccoli Fruit B. BAKED FISH C. TURKEY SANDWICH Coleslaw	20	21
24 A. MAC & CHEESE Stewed Tomatoes Fruit Cookie B. BAKED FISH	25	26 A. PORK ROAST & GRAVY Roasted Sweet Potatoes Peas & Carrots Cake B. BAKED FISH C. COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad	27	28
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 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.

