

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 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 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 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 A. BAKED LEMON OREGANO 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 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 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 A. PORK ROAST & GRAVY Roasted Sweet Potatoes Peas & Carrots Cake 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 A. ROAST BEEF WITH MASHED POTATOES & GRAVY Broccoli Fruit B. BAKED FISH C. TUNA SALAD PLATE Chickpea Salad
31 A. BAKED LEMON GARLIC FISH Mashed Potatoes Peas & Carrots Cookie B. BAKED CHICKEN	 <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 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.

