

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>A. CHILI CON CARNE</b> Mixed Vegetables Pudding  <b>B. BAKED FISH</b>	<b>4</b> <b>A. BAKED FISH</b> Rice Zucchini & Tomatoes Cookie  <b>B. BAKED CHICKEN</b>	<b>5</b> <b>A. SOUTHWESTERN CASSEROLE</b> Parsley Carrots Fruit Cake  <b>B. BAKED FISH</b>  <b>C. CHICKEN SALAD SANDWICH</b> Cucumber & Tomato Salad	<b>6</b> <b>A. CHICKEN JAMBALAYA WITH SAUSAGE</b> Green Beans Brownie  <b>B. BAKED FISH</b>	<b>7</b> <b>A. MEATLESS BAKED ZITI</b> Mixed Vegetables Pudding  <b>B. BAKED FISH</b>  <b>C. TUNA SALAD SANDWICH</b> Coleslaw Fruit
<b>10</b> <b>A. MEAT SAUCE OVER PENNE PASTA</b> Mixed Vegetables Cake  <b>B. BAKED FISH</b>	<b>11</b> <b>A. BBQ CHICKEN</b> Roasted Sweet Potatoes Mixed Vegetables Fruit  <b>B. BAKED FISH</b>	<b>12</b> <b>A. MEXICAN BEEF &amp; RICE CASSEROLE</b> Mixed Vegetables Applesauce  <b>B. BAKED FISH</b>  <b>C. MEATLOAF SANDWICH</b> Pasta Salad	<b>13</b> <b>A. CHICKEN TETRAZZINI</b> Beets Fruit  <b>B. BAKED FISH</b>	<b>14</b> <b>A. BAKED FISH</b> Mashed Potatoes Zucchini & Tomatoes Pudding  <b>B. BAKED CHICKEN</b>  <b>C. SWISS CHEESE SANDWICH</b> Pasta Salad
<b>17</b> 	<b>18</b> <b>A. BEEF TIPS OVER MASHED POTATOES</b> Carrots Fruit  <b>B. BAKED FISH</b>	<b>19</b> <b>A. SWEET &amp; SOUR CHICKEN</b> Rice Broccoli Fruit  <b>B. BAKED FISH</b>  <b>C. TURKEY SANDWICH</b> Coleslaw	<b>20</b> <b>A. MEATLOAF &amp; GRAVY</b> Mashed Sweet Potatoes Green Beans Applesauce  <b>B. BAKED FISH</b>	<b>21</b> <b>A. POTATO CRUNCH FISH</b> Roasted Potatoes Brussels Sprouts Cake  <b>B. BAKED CHICKEN</b>  <b>C. CHICKEN SALAD SANDWICH</b> Carrot & Raisin Salad
<b>24</b> <b>A. MAC &amp; CHEESE</b> Stewed Tomatoes Fruit Cookie  <b>B. BAKED FISH</b>	<b>25</b> <b>A. CHICKEN TERIYAKI</b> Rice Asian Vegetables Fruit Cake  <b>B. BAKED FISH</b>	<b>26</b> <b>A. PORK ROAST &amp; GRAVY</b> Roasted Sweet Potatoes Peas & Carrots Fruit  <b>B. BAKED FISH</b>  <b>C. COTTAGE CHEESE WITH PINEAPPLE</b> Three Bean Salad	<b>27</b> <b>A. LASAGNA ROLL-UPS WITH MARINARA</b> Mixed Vegetables Fruit  <b>B. BAKED FISH</b>	<b>28</b> <b>A. ROAST BEEF WITH MASHED POTATOES &amp; GRAVY</b> Broccoli Fruit  <b>B. BAKED FISH</b>  <b>C. TUNA SALAD PLATE</b> Chickpea Salad
<b>31</b> <b>A. BAKED FISH</b> Mashed Potatoes Peas & Carrots Cookie  <b>B. BAKED CHICKEN</b>	 <p><b>Name:</b> _____</p> <p><b>Phone Number:</b> _____</p> <p><b>Please clearly circle A - B - C indicating which meal you would like to order for each day.</b></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.

