

Please reserve your meal by 1:00pm the business day prior to the meal by calling 518-937-5963

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Name: _____ Phone: _____				1 A. TUNA NOODLE CASSEROLE B. BAKED CHICKEN C. SEAFOOD SALAD PLATE
4 A. SEAFOOD MAC & CHEESE B. BAKED CHICKEN	5 A. SAUSAGE & PEPPERS WITH ONIONS B. BAKED FISH	6	7	8 A. LASAGNA ROLL-UPS WITH MARINARA B. BAKED FISH C. TURKEY SANDWICH
11 A. LEMON GARLIC FISH B. BAKED CHICKEN	12 A. CHICKEN ALA ORANGE B. BAKED FISH	13	14	15 A. MAC & CHEESE B. BAKED FISH C. CHICKEN SALAD SANDWICH
18 A. CHICKEN BROCCOLI ALFREDO OVER PENNE B. BAKED FISH	19 A. SWISS CHEESEBURGER B. BAKED FISH	20	21	22 A. BAKED FISH WITH TARTAR SAUCE B. BAKED CHICKEN C. BLT PASTA SALAD WITH CHICKEN
25 A. MEATLESS BAKED ZITI B. BAKED FISH	26 A. BAKED CHICKEN WITH LEMON HERB SAUCE B. BAKED FISH	27	28	29 A. SHRIMP SCAMPI B. BAKED CHICKEN C. EGG SALAD PLATE

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 the appropriate starch, vegetable, dessert and milk.** Some items may be subject to last-minute substitution.

