

Please reserve your meal by 1pm the business day prior to the meal by calling: 518-465-6465

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Name: _____ Phone: _____				1
4 A. SEAFOOD MAC & CHEESE B. BAKED CHICKEN	5	6 A. CHICKEN TERIYAKI B. BAKED FISH C. TUNA SALAD PLATE	7	8
11 A. LEMON GARLIC FISH B. BAKED CHICKEN	12	13 A. MEATLOAF B. BAKED FISH C. ROAST BEEF SANDWICH	14	15
18 A. CHICKEN BROCCOLI ALFREDO OVER PENNE B. BAKED FISH	19	20 A. ROAST PORK WITH GRAVY B. BAKED FISH C. TUNA SALAD SANDWICH	21	22
25 A. MEATLESS BAKED ZITI B. BAKED FISH	26	27 A. SALISBURY STEAK MUSHROOM WITH GRAVY B. BAKED FISH C. TUNA SALAD SANDWICH	28	29

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