

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 A. TUNA NOODLE CASSEROLE B. BAKED CHICKEN C. SEAFOOD SALAD PLATE
4	5 A. SAUSAGE & PEPPERS WITH ONIONS B. BAKED FISH	6 A. CHICKEN TERIYAKI B. BAKED FISH C. TUNA SALAD PLATE	7	8 A. LASAGNA ROLL-UPS WITH MARINARA B. BAKED FISH C. TURKEY SANDWICH
11	12 A. CHICKEN ALA ORANGE B. BAKED FISH	13 A. MEATLOAF B. BAKED FISH C. ROAST BEEF SANDWICH	14	15 A. MAC & CHEESE B. BAKED FISH C. CHICKEN SALAD SANDWICH
18	19 A. SWISS CHEESEBURGER B. BAKED FISH	20 A. ROAST PORK WITH GRAVY B. BAKED FISH C. TUNA SALAD SANDWICH	21	22 A. BAKED FISH WITH TARTAR SAUCE B. BAKED CHICKEN C. BLT PASTA SALAD WITH CHICKEN
25	26 A. BAKED CHICKEN WITH LEMON HERB SAUCE B. BAKED FISH	27 A. SALISBURY STEAK MUSHROOM WITH GRAVY B. BAKED FISH C. TUNA SALAD SANDWICH	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.

