


Lunch served Monday - Friday from 12 - 1 pm (doors open at 11:30 am)  
Please reserve your meal by 1pm the business day prior to the meal by  
calling: 518-235-2420 or emailing: bslezak@lifepathny.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>A. MEATBALLS WITH MARINARA OVER PENNE PASTA</b>  <b>B. BAKED FISH</b>	<b>3</b> <b>A. BBQ PULLED PORK</b>  <b>B. BAKED FISH</b>	<b>4</b> <b>A. SPANISH RICE</b>  <b>B. BAKED FISH</b>  <b>C. MEATLOAF SANDWICH</b>	<b>5</b> <b>A. CHICKEN MARSALA OVER PENNE PASTA</b>  <b>B. BAKED FISH</b>	<b>6</b> <b>A. HAM &amp; CHEESE EGG BAKE</b>  <b>B. BAKED FISH</b>  <b>C. SWISS CHEESE SANDWICH</b>
<b>9</b> <b>A. CHICKEN CHOW MEIN</b>  <b>B. BAKED FISH</b>	<b>10</b> <b>A. ROAST TURKEY WITH GRAVY</b>  <b>B. BAKED FISH</b>	<b>11</b> <b>A. SWEET &amp; SOUR PORK OVER RICE</b>  <b>B. BAKED FISH</b>  <b>C. ROAST BEEF SANDWICH</b>	<b>12</b> <b>A. SLOPPY JOE</b>  <b>B. BAKED FISH</b>	<b>13</b> <b>A. TUNA NOODLE CASSEROLE</b>  <b>B. BAKED CHICKEN</b>  <b>C. SEAFOOD SALAD PLATE</b>
<b>16</b> <b>A. SEAFOOD MAC &amp; CHEESE</b>  <b>B. BAKED CHICKEN</b>	<b>17</b> <b>A. SAUSAGE &amp; PEPPERS OVER PENNE</b>  <b>B. BAKED FISH</b>	<b>18</b> <b>A. CHICKEN TERIYAKI</b>  <b>B. BAKED FISH</b>  <b>C. TUNA SALAD PLATE</b>	<b>19</b> <b>A. SWEDISH MEATBALLS WITH GRAVY OVER EGG NOODLES</b>  <b>B. BAKED FISH</b>	<b>20</b> <b>A. LASAGNA ROLL-UPS WITH MARINARA</b>  <b>B. BAKED FISH</b>  <b>C. TURKEY SANDWICH</b>
<b>23</b> <b>A. LEMON GARLIC FISH</b>  <b>B. BAKED CHICKEN</b>	<b>24</b> <b>A. CHICKEN ALA ORANGE</b>  <b>B. BAKED FISH</b>	<b>25</b> <b>A. MEATLOAF</b>  <b>B. BAKED FISH</b>  <b>C. ROAST BEEF SANDWICH</b>	<b>26</b> <b>A. HOT TURKEY SANDWICH WITH GRAVY</b>  <b>B. BAKED FISH</b>	<b>27</b> <b>A. MAC &amp; CHEESE</b>  <b>B. BAKED FISH</b>  <b>C. CHICKEN SALAD SANDWICH</b>
<b>30</b> <b>CLOSED</b>  	<b>31</b> <b>A. SWISS CHEESEBURGER</b>  <b>B. BAKED FISH</b>	<b>Name:</b> _____  <b>Phone:</b> _____		

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.