

Please reserve your meal by 1pm the business day prior to the meal: 518-273-4422 or tfrost@lifepathny.org

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

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.