


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	2	3 A. CHICKEN TIKKA MASALA B. BAKED FISH C. TURKEY SANDWICH
6 A. MEATBALLS WITH MARINARA B. BAKED FISH	7 A. BEEF & BROCCOLI B. BAKED FISH	8	9	10 A. SWEET & SOUR CHICKEN B. BAKED FISH C. CHEF SALAD
13 A. CHICKEN PRIMAVERA B. BAKED FISH	14 A. MAC & CHEESE B. BAKED FISH	15	16	17 A. MEATLOAF WITH GRAVY B. BAKED FISH C. CURRY CHICKEN SALAD SANDWICH
20 CENTER CLOSED IN OBSERVANCE OF  JUNETEENTH DAY OF FREEDOM	21 A. BBQ BAKED CHICKEN B. BAKED FISH	22	23	24 A. SWISS CHEESEBURGER B. BAKED FISH C. COTTAGE CHEESE WITH HARD BOILED EGG
27 A. BAKED FISH B. BAKED CHICKEN	28 A. SLOPPY JOE B. BAKED FISH	29	30	

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.