

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Name:</b> _____  <b>Phone:</b> _____		<b>1</b> <b>A. BBQ CHICKEN</b>  <b>B. BAKED FISH</b>  <b>C. SOUTHWESTERN CHICKEN &amp; ORZO SALAD</b>	<b>2</b>	<b>3</b> <b>A. CHICKEN TIKKA MASALA</b>  <b>B. BAKED FISH</b>  <b>C. TURKEY SANDWICH</b>
<b>6</b>	<b>7</b> <b>A. BEEF &amp; BROCCOLI</b>  <b>B. BAKED FISH</b>	<b>8</b> <b>A. CHEESE TORTELLINI</b>  <b>B. BAKED FISH</b>  <b>C. HAM SANDWICH</b>	<b>9</b>	<b>10</b> <b>A. SWEET &amp; SOUR CHICKEN</b>  <b>B. BAKED FISH</b>  <b>C. CHEF SALAD</b>
<b>13</b>	<b>14</b> <b>A. MAC &amp; CHEESE</b>  <b>B. BAKED FISH</b>	<b>15</b> <b>A. SOUTHWEST CHICKEN</b>  <b>B. BAKED FISH</b>  <b>C. TUNA SALAD SANDWICH</b>	<b>16</b>	<b>17</b> <b>A. MEATLOAF WITH GRAVY</b>  <b>B. BAKED FISH</b>  <b>C. CURRY CHICKEN SALAD SANDWICH</b>
<b>20</b>	<b>21</b> <b>A. BBQ BAKED CHICKEN</b>  <b>B. BAKED FISH</b>	<b>22</b> <b>A. CHICKEN CHILI</b>  <b>B. BAKED FISH</b>  <b>C. MEATLOAF SANDWICH</b>	<b>23</b>	<b>24</b> <b>A. SWISS CHEESEBURGER</b>  <b>B. BAKED FISH</b>  <b>C. COTTAGE CHEESE WITH HARD BOILED EGG</b>
<b>27</b>	<b>28</b> <b>A. SLOPPY JOE</b>  <b>B. BAKED FISH</b>	<b>29</b> <b>A. SWEET &amp; SOUR HAM</b>  <b>B. BAKED FISH</b>  <b>C. EGG SALAD SANDWICH</b>	<b>30</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 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.