

Please reserve your meal by 1pm the business day prior to the meal by calling 518-439-9038

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 A. BBQ CHICKEN B. BAKED FISH C. SOUTHWESTERN CHICKEN & ORZO SALAD	2	3
Name: _____ Phone: _____				
6	7	8 A. CHEESE TORTELLINI B. BAKED FISH C. HAM SANDWICH	9	10
13	14	15 A. SOUTHWEST CHICKEN B. BAKED FISH C. TUNA SALAD SANDWICH	16	17
20	21	22 A. CHICKEN CHILI B. BAKED FISH C. MEATLOAF SANDWICH	23	24
27	28	29 A. SWEET & SOUR HAM B. BAKED FISH C. EGG SALAD SANDWICH	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 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.

