



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 Number: _____				<b>1</b> <b>A. LASAGNA ROLL-UPS</b>  <b>B. BAKED FISH</b>  <b>C. CHICKEN SALAD PLATE</b>
	<b>5</b>  <b>A. BEEF TIPS WITH GRAVY</b>  <b>B. BAKED FISH</b>	<b>6</b>	<b>7</b>	<b>8</b>  <b>A. CHICKEN TIKKA MASALA</b>  <b>B. BAKED FISH</b>  <b>C. TURKEY SANDWICH</b>
<b>11</b>  <b>A. MEATBALLS WITH MARINARA</b>  <b>B. BAKED FISH</b>	<b>12</b>  <b>A. BEEF &amp; BROCCOLI</b>  <b>B. BAKED FISH</b>	<b>13</b>	<b>14</b>	<b>15</b>  <b>A. SWEET &amp; SOUR CHICKEN</b>  <b>B. BAKED FISH</b>  <b>C. CHEF SALAD</b>
<b>18</b>  <b>A. CHICKEN PRIMAVERA</b>  <b>B. BAKED FISH</b>	<b>19</b>  <b>A. MAC &amp; CHEESE</b>  <b>B. BAKED FISH</b>	<b>20</b>	<b>21</b>	<b>22</b>  <b>A. MEATLOAF WITH GRAVY</b>  <b>B. BAKED FISH</b>  <b>C. CURRY CHICKEN SALAD SANDWICH</b>
<b>25</b>  <b>A. CUBAN PICADILLO</b>  <b>B. BAKED FISH</b>	<b>26</b>  <b>A. BBQ BAKED CHICKEN</b>  <b>B. BAKED FISH</b>	<b>27</b>	<b>28</b>	<b>29</b>  <b>A. SWISS CHEESEBURGER</b>  <b>B. BAKED FISH</b>  <b>C. COTTAGE CHEESE WITH HARD BOILED EGG</b>

This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging and the Administration for Community Living. 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.