

Dinner on Monday & Wednesday 4:30 pm - 5:30 pm (doors open at 4 pm)  
Please reserve your meal by 1pm the business day prior to the meal by calling: 518-465-6465

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Name: _____ Phone Number: _____				1	
		5	6 A. BBQ CHICKEN B. BAKED FISH C. SOUTHWESTERN CHICKEN & ORZO SALAD	7	8
11 A. MEATBALLS WITH MARINARA B. BAKED FISH	12	13 A. CHEESE TORTELLINI B. BAKED FISH C. HAM SANDWICH	14	15	
18 A. CHICKEN PRIMAVERA B. BAKED FISH	19	20 A. SOUTHWEST CHICKEN B. BAKED FISH C. TUNA SALAD SANDWICH	21	22	
25 A. CUBAN PICADILLO B. BAKED FISH	26	27 A. CHICKEN CHILI B. BAKED FISH C. MEATLOAF SANDWICH	28	29	

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 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.