

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Name: _____ Phone Number: _____				1 A. LASAGNA ROLL-UPS B. BAKED FISH C. CHICKEN SALAD PLATE
4	5 A. BEEF TIPS WITH GRAVY B. BAKED FISH	6 A. BBQ CHICKEN B. BAKED FISH C. SOUTHWESTERN CHICKEN & ORZO SALAD	7	8 A. CHICKEN TIKKA MASALA B. BAKED FISH C. TURKEY SANDWICH
11	12 A. BEEF & BROCCOLI B. BAKED FISH	13 A. CHEESE TORTELLINI B. BAKED FISH C. HAM SANDWICH	14	15 A. SWEET & SOUR CHICKEN B. BAKED FISH C. CHEF SALAD
18	19 A. MAC & CHEESE B. BAKED FISH	20 A. SOUTHWEST CHICKEN B. BAKED FISH C. TUNA SALAD SANDWICH	21	22 A. MEATLOAF WITH GRAVY B. BAKED FISH C. CURRY CHICKEN SALAD SANDWICH
25	26 A. BBQ BAKED CHICKEN B. BAKED FISH	27 A. CHICKEN CHILI B. BAKED FISH C. MEATLOAF SANDWICH	28	29 A. SWISS CHEESEBURGER B. BAKED FISH C. COTTAGE CHEESE WITH HARD BOILED EGG

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.

