



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Name: _____ Phone Number: _____				1 A. LASAGNA ROLL-UPS B. BAKED FISH C. CHICKEN SALAD PLATE
	5 A. BEEF TIPS WITH GRAVY B. BAKED FISH	6 A. BBQ CHICKEN B. BAKED FISH C. SOUTHWESTERN CHICKEN & ORZO SALAD	7 A. ROAST PORK WITH RASPBERRY GLAZE B. BAKED FISH	8 A. CHICKEN TIKKA MASALA B. BAKED FISH C. TURKEY SANDWICH
11 A. MEATBALLS WITH MARINARA B. BAKED FISH	12 A. BEEF & BROCCOLI B. BAKED FISH	13 A. CHEESE TORTELLINI B. BAKED FISH C. HAM SANDWICH	14 A. SWISS CHEESEBURGER B. BAKED FISH	15 A. SWEET & SOUR CHICKEN B. BAKED FISH C. CHEF SALAD
18 A. CHICKEN PRIMAVERA B. BAKED FISH	19 A. MAC & CHEESE B. BAKED FISH	20 A. SOUTHWEST CHICKEN B. BAKED FISH C. TUNA SALAD SANDWICH	21 A. BBQ PULLED PORK B. BAKED FISH	22 A. MEATLOAF WITH GRAVY B. BAKED FISH C. CURRY CHICKEN SALAD SANDWICH
25 A. CUBAN PICADILLO B. BAKED FISH	26 A. BBQ BAKED CHICKEN B. BAKED FISH	27 A. CHICKEN CHILI B. BAKED FISH C. MEATLOAF SANDWICH	28 A. POTATO CRUNCH FISH B. BAKED CHICKEN	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.