

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
1 A. BAKED FISH B. BAKED CHICKEN	2	3 A. SWEET & SOUR HAM B. BAKED FISH C. EGG SALAD SANDWICH	4	5
8 A. LEMON GARLIC BAKED FISH B. BAKED CHICKEN	9	10 A. BBQ CHICKEN B. BAKED FISH C. SOUTHWESTERN CHICKEN & ORZO SALAD	11	12
15 A. MEATBALLS WITH MARINARA B. BAKED FISH	16	17 A. CHEESE TORTELLINI B. BAKED FISH C. HAM SANDWICH	18	19
22 A. CHICKEN PRIMAVERA B. BAKED FISH	23	24 A. SOUTHWEST CHICKEN B. BAKED FISH C. TUNA SALAD SANDWICH	25	26
29 A. CUBAN PICADILLO B. BAKED FISH	30	31 A. CHICKEN CHILI B. BAKED FISH C. MEATLOAF SANDWICH	Name: _____ Phone Number: _____	

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 congregare meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregare 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.

