

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 A. BAKED FISH B. BAKED CHICKEN	2 A. SLOPPY JOE B. BAKED FISH	3 A. SWEET & SOUR HAM B. BAKED FISH C. EGG SALAD SANDWICH	4 A. PEPPER STEAK B. BAKED FISH	5 A. LASAGNA ROLL-UPS B. BAKED FISH C. CHICKEN SALAD PLATE
8 A. LEMON GARLIC BAKED FISH B. BAKED CHICKEN	9 A. BEEF TIPS WITH GRAVY B. BAKED FISH	10 A. BBQ CHICKEN B. BAKED FISH C. SOUTHWESTERN CHICKEN & ORZO SALAD	11 A. ROAST PORK WITH RASPBERRY GLAZE B. BAKED FISH	12 A. CHICKEN TIKKA MASALA B. BAKED FISH C. TURKEY SANDWICH
15 A. MEATBALLS WITH MARINARA B. BAKED FISH	16 A. BEEF & BROCCOLI B. BAKED FISH	17 A. CHEESE TORTELLINI B. BAKED FISH C. HAM SANDWICH	18 A. SWISS CHEESEBURGER B. BAKED FISH	19 A. SWEET & SOUR CHICKEN B. BAKED FISH C. CHEF SALAD
22 A. CHICKEN PRIMAVERA B. BAKED FISH	23 A. MAC & CHEESE B. BAKED FISH	24 A. SOUTHWEST CHICKEN B. BAKED FISH C. TUNA SALAD SANDWICH	25 A. BBQ PULLED PORK B. BAKED FISH	26 A. MEATLOAF WITH GRAVY B. BAKED FISH C. CURRY CHICKEN SALAD SANDWICH
29 A. CUBAN PICADILLO B. BAKED FISH	30 A. BBQ BAKED CHICKEN B. BAKED FISH	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 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.

