

Please reserve your meal by 1pm the business day prior to the meal by calling 518-439-9038

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Name: _____  Phone Number: _____			1	2
5	6	7 <b>A. BEEF &amp; VEGGIE STIR FRY</b>  <b>B. BAKED FISH</b>  <b>C. TURKEY MEATLOAF SANDWICH</b>	8	9
12	13	14 <b>A. BEEF TIPS WITH GRAVY</b>  <b>B. BAKED FISH</b>  <b>C. CHICKEN SALAD SANDWICH</b>	15	16
19	20	21 <b>A. BBQ PULLED PORK</b>  <b>B. BAKED FISH</b>  <b>C. HAM &amp; SWISS CHEESE SANDWICH</b>	22	23
26	27	28 <b>A. SWEET &amp; SOUR PORK</b>  <b>B. BAKED FISH</b>  <b>C. ROAST BEEF &amp; SWISS CHEESE SANDWICH</b>	29	30

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.

