


Please reserve your meal by 1:00pm the business day prior to the meal by calling 518-937-5963

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Name: _____ Phone Number: _____			1	2 A. AMERICAN GOULASH B. BAKED FISH C. CHICKEN SALAD SANDWICH	
		6 A. CHICKEN CACCIATORE B. BAKED FISH	7	8	9 A. LASAGNA ROLL-UPS B. BAKED FISH C. BLT PASTA SALAD WITH CHICKEN
12 A. MEXICAN BEEF & RICE CASSEROLE B. BAKED FISH	13 A. LEMON HERBED BAKED FISH B. BAKED CHICKEN	14	15	16 A. ROAST TURKEY WITH GRAVY B. BAKED FISH C. TUNA SALAD SANDWICH	
19 A. CHICKEN TETRAZZINI B. BAKED FISH	20 A. HERBED CHICKEN WITH GRAVY B. BAKED FISH	21	22	23 A. LEMON OREGANO FISH B. BAKED CHICKEN C. SWISS CHEESE SANDWICH	
26 A. CHICKEN PESTO BAKE B. BAKED FISH	27 A. POTATO CRUNCH FISH B. BAKED CHICKEN	28	29	30 A. ROAST BEEF WITH MUSHROOM GRAVY B. BAKED FISH C. CHICKEN SALAD SANDWICH	

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.

