

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 A. TURKEY MEATLOAF WITH TOMATO GRAVY B. BAKED FISH | 2 |
| 5 | 6 | 7 | 8 A. ROAST PORK WITH GRAVY B. BAKED FISH | 9 |
| 12 | 13 | 14 | 15 A. MEATLESS BAKED ZITI B. BAKED FISH | 16 |
| 19 | 20 | 21 | 22 A. SPANISH RICE WITH BEANS B. BAKED FISH | 23 |
| 26 | 27 | 28 | 29 A. PENNE WITH MEAT SAUCE B. BAKED FISH | 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.

