

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Name: _____ Phone Number: _____			1 A. TURKEY MEATLOAF WITH TOMATO GRAVY B. BAKED FISH	2 A. AMERICAN GOULASH B. BAKED FISH C. CHICKEN SALAD SANDWICH
	6 A. CHICKEN CACCIATORE B. BAKED FISH	7 A. BEEF & VEGGIE STIR FRY B. BAKED FISH C. TURKEY MEATLOAF SANDWICH	8 A. ROAST PORK WITH GRAVY B. BAKED FISH	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 A. BEEF TIPS WITH GRAVY B. BAKED FISH C. CHICKEN SALAD SANDWICH	15 A. MEATLESS BAKED ZITI B. BAKED FISH	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 A. BBQ PULLED PORK B. BAKED FISH C. HAM & SWISS CHEESE SANDWICH	22 A. SPANISH RICE WITH BEANS B. BAKED FISH	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 A. SWEET & SOUR PORK B. BAKED FISH C. ROAST BEEF & SWISS CHEESE SANDWICH	29 A. PENNE WITH MEAT SAUCE B. BAKED FISH	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.

