


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 A. POTATO CRUNCH FISH B. BAKED CHICKEN	2	3	4 A. ROAST BEEF WITH MUSHROOM GRAVY B. BAKED FISH C. CHICKEN SALAD SANDWICH
7 A. MACARONI & CHEESE B. BAKED FISH	8 A. LEMON GARLIC FISH B. BAKED CHICKEN	9	10	11 A. AMERICAN GOULASH B. BAKED FISH C. CHICKEN SALAD SANDWICH
14 A. SWISS CHEESEBURGER B. BAKED FISH	15 A. CHICKEN CACCIATORE B. BAKED FISH	16	17	18 A. LASAGNA ROLL-UPS B. BAKED FISH C. BLT PASTA SALAD WITH CHICKEN
21 A. MEXICAN BEEF & RICE CASSEROLE B. BAKED FISH	22 A. LEMON HERBED BAKED FISH B. BAKED CHICKEN	23	24 	25
28 A. CHICKEN TETRAZZINI B. BAKED FISH	29 A. HERBED CHICKEN WITH GRAVY B. BAKED FISH	30	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 congregare meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregare 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.

