

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 A. PENNE WITH MEAT SAUCE B. BAKED FISH	4
7	8	9	10 A. TURKEY MEATLOAF WITH TOMATO GRAVY B. BAKED FISH	11
14	15	16	17 A. ROAST PORK WITH GRAVY B. BAKED FISH	18
21	22	23	24 	25
28	29	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.

