


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 A. POTATO CRUNCH FISH B. BAKED CHICKEN	2 A. SWEET & SOUR PORK B. BAKED FISH C. ROAST BEEF & SWISS CHEESE SANDWICH	3 A. PENNE WITH MEAT SAUCE B. BAKED FISH	4 A. ROAST BEEF WITH MUSHROOM GRAVY B. BAKED FISH C. CHICKEN SALAD SANDWICH
7 A. MACARONI & CHEESE B. BAKED FISH	8 *** GRAB AND GO - CENTER CLOSED *** A. LEMON GARLIC FISH B. BAKED CHICKEN	9 A. CHICKEN CORDON BLEU B. BAKED FISH C. EGG SALAD SANDWICH	10 A. TURKEY MEATLOAF WITH TOMATO GRAVY B. BAKED FISH	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 A. BEEF & VEGGIE STIR FRY B. BAKED FISH C. TURKEY MEATLOAF SANDWICH	17 A. ROAST PORK WITH GRAVY B. BAKED FISH	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 A. ROAST TURKEY WITH GRAVY B. BAKED FISH C. CHICKEN SALAD SANDWICH	24 	25
28 A. CHICKEN TETRAZZINI B. BAKED FISH	29 A. HERBED CHICKEN WITH GRAVY B. BAKED FISH	30 A. BBQ PULLED PORK B. BAKED FISH C. HAM & SWISS CHEESE SANDWICH	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 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.