

Lunch served Monday - Friday from 11:30 am - 12:30 pm (doors open at 11:00 am)

Please reserve your meal by 1pm the business day prior to the meal by calling:

518-482-2120 or emailing: Lecey Malcolm at lmalcolm@lifepathny.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>A. POTATO CRUNCH FISH</b> <b>B. BAKED CHICKEN</b>	<b>2</b> <b>A. SWEET &amp; SOUR PORK</b> <b>B. BAKED FISH</b> <b>C. ROAST BEEF &amp; SWISS CHEESE SANDWICH</b>	<b>3</b> <b>A. PENNE WITH MEAT SAUCE</b> <b>B. BAKED FISH</b>	<b>4</b> <b>A. ROAST BEEF WITH MUSHROOM GRAVY</b> <b>B. BAKED FISH</b> <b>C. CHICKEN SALAD SANDWICH</b>
<b>7</b> <b>A. MACARONI &amp; CHEESE</b> <b>B. BAKED FISH</b>	<b>8</b> <b>A. LEMON GARLIC FISH</b> <b>B. BAKED CHICKEN</b>	<b>9</b> <b>A. CHICKEN CORDON BLEU</b> <b>B. BAKED FISH</b> <b>C. EGG SALAD SANDWICH</b>	<b>10</b> <b>A. TURKEY MEATLOAF WITH TOMATO GRAVY</b> <b>B. BAKED FISH</b>	<b>11</b> <b>A. AMERICAN GOULASH</b> <b>B. BAKED FISH</b> <b>C. CHICKEN SALAD SANDWICH</b>
<b>14</b> <b>A. SWISS CHEESEBURGER</b> <b>B. BAKED FISH</b>	<b>15</b> <b>A. CHICKEN CACCIATORE</b> <b>B. BAKED FISH</b>	<b>16</b> <b>A. BEEF &amp; VEGGIE STIR FRY</b> <b>B. BAKED FISH</b> <b>C. TURKEY MEATLOAF SANDWICH</b>	<b>17</b> <b>A. ROAST PORK WITH GRAVY</b> <b>B. BAKED FISH</b>	<b>18</b> <b>A. LASAGNA ROLL-UPS</b> <b>B. BAKED FISH</b> <b>C. BLT PASTA SALAD WITH CHICKEN</b>
<b>21</b> <b>A. MEXICAN BEEF &amp; RICE CASSEROLE</b> <b>B. BAKED FISH</b>	<b>22</b> <b>A. LEMON HERBED BAKED FISH</b> <b>B. BAKED CHICKEN</b>	<b>23</b> <b>A. ROAST TURKEY WITH GRAVY</b> <b>B. BAKED FISH</b> <b>C. CHICKEN SALAD SANDWICH</b>	<b>24</b> 	<b>25</b>
<b>28</b> <b>A. CHICKEN TETRAZZINI</b> <b>B. BAKED FISH</b>	<b>29</b> <b>A. HERBED CHICKEN WITH GRAVY</b> <b>B. BAKED FISH</b>	<b>30</b> <b>A. BBQ PULLED PORK</b> <b>B. BAKED FISH</b> <b>C. HAM &amp; SWISS CHEESE SANDWICH</b>	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.