

# Wyman Osterhout Community Center - November 2022


7 The Old Road | Voorheesville, NY 12186



Lunch served Wednesday 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 518-439-9038

| MONDAY | TUESDAY | WEDNESDAY   | THURSDAY   | FRIDAY |
|--------|---------|---|--|--------|
|        | 1       | 2<br>A. SWEET & SOUR PORK<br><br>B. BAKED FISH<br><br>C. ROAST BEEF & SWISS CHEESE SANDWICH | 3  | 4      |
| 7      | 8       | 9<br>A. CHICKEN CORDON BLEU<br><br>B. BAKED FISH<br><br>C. EGG SALAD SANDWICH               | 10   | 11     |
| 14     | 15      | 16<br>A. BEEF & VEGGIE STIR FRY<br><br>B. BAKED FISH<br><br>C. TURKEY MEATLOAF SANDWICH     | 17   | 18     |
| 21     | 22      | 23<br>A. ROAST TURKEY WITH GRAVY<br><br>B. BAKED FISH<br><br>C. CHICKEN SALAD SANDWICH      | 24<br> | 25     |
| 28     | 29      | 30<br>A. BBQ PULLED PORK<br><br>B. BAKED FISH<br><br>C. HAM & SWISS CHEESE SANDWICH         | Name: _____<br><br>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.

