

JANUARY 2023 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>Happy New Year 2023</i> Centers are closed today	3 A. SPINACH BEEF MACARONI BAKE B. BAKED FISH	4 A. HONEY MUSTARD CHICKEN B. BAKED FISH	5 A. ROAST BEEF WITH GRAVY B. BAKED FISH	6 A. LEMON GARLIC FISH B. BAKED CHICKEN C. SEAFOOD SALAD SANDWICH
9 A. CHICKEN CACCIATORE B. BAKED FISH	10 A. HAM & BEAN CASSEROLE B. BAKED FISH	11 A. ROAST PORK WITH GRAVY B. BAKED FISH C. SWISS CHEESE SANDWICH	12 A. SHEPHERD'S PIE B. BAKED FISH	13 A. SWISS CHEESEBURGER B. BAKED FISH C. BLT PASTA SALAD WITH CHICKEN
 CENTERS CLOSED TODAY IN HONOR OF MARTIN LUTHER KING, JR. DAY	17 A. CHICKEN & RICE B. BAKED FISH	18 A. TUNA NOODLE CASSEROLE B. BAKED CHICKEN C. SWISS CHEESE SANDWICH	19 A. ROAST PORK WITH RASPBERRY GLAZE B. BAKED FISH	20 A. MEATLESS BAKED ZITI B. BAKED FISH C. CURRY CHICKEN SALAD SANDWICH
23 A. PENNE PASTA WITH MEAT SAUCE B. BAKED FISH	24 A. BBQ CHICKEN B. BAKED FISH	25 A. MEXICAN BEEF & RICE CASSEROLE B. BAKED FISH C. MEATLOAF SANDWICH	26 A. CHICKEN TETRAZZINI B. BAKED FISH	27 A. LEMON OREGANO FISH B. BAKED CHICKEN C. EGG SALAD SANDWICH
30 A. LASAGNA ROLL-UPS WITH MARINARA B. BAKED FISH	31 A. POTATO CRUNCH FISH B. BAKED CHICKEN			

Name: _____ Location: _____

Phone Number: _____

Email: _____

by providing your email, you agree to receive emails from LifePath including but not limited to weather related closures and monthly menus.



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 congregated meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregated 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.



LIFEPATH COMMUNITY DINING LOCATIONS

PLEASE RESERVE YOUR MEAL BY CALLING OR EMAILING THE NUMBER/EMAIL LISTED FOR EACH SITE BY 1 PM THE DAY PRIOR TO THE MEAL YOU WOULD LIKE TO ATTEND

TOWN OF BERNE COMMUNITY & SENIOR SERVICES CENTER

1360 Helderberg Trail | Berne, NY 12023 | 518-937-5963

Lunch served Monday, Tuesday, & Friday from 11:30 am – 12:30 pm (doors open at 11:00 am)

COHOES SENIOR CENTER

10 Cayuga Plaza | Cohoes, NY 12047 | 518-235-2420 | cohoes@lifepathny.org

Lunch served Monday – Friday from 12:00 – 1:00 pm (doors open at 11:30 am)

LIVINGSTON SCHOOL APARTMENTS

315 Northern Blvd. | Albany, NY 12210 | 518-465-6465

Dinner Tuesday, Wednesday & Thursday at 4:30 – 5:30 pm (doors open at 4 pm)

OHAV SHOLOM APARTMENTS

115 Krumkill Road | Albany, NY 12208 | 518-465-6465

Dinner on Monday & Wednesday 4:30 pm – 5:30 pm (doors open at 4 pm)

SOUTH MALL TOWERS

101 South Pearl Street | Albany, NY 12207 | 518-465-6465

Dinner served Tuesday & Wednesday from 4:30 pm – 5:30 pm (doors open at 4 pm)

Lunch served Friday from 11:30 am – 12:30 pm (doors open at 11 am)

ST. MATTHEW'S CHURCH (VOORHEESVILLE)

25 Mountainview Street | Voorheesville, NY 12186 | 518-439-9038

Lunch served Thursday 11:30 am – 12:30 pm (doors open at 11 am)

WATERVLIEET SENIOR CENTER

1501 Broadway | Watervliet, NY 12189 | 518-273-4422 | watervliet@lifepathny.org

Lunch served Monday – Friday from 12:00 – 1:00 pm (doors open at 11:30 am)

WESTVIEW HOMES

680 Central Ave. | Albany, NY 12206 | 518-482-2120 | westview@lifepathny.org

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

WYMAN OSTERHOUT COMMUNITY CENTER (NEW SALEM)

7 The Old Road | Voorheesville, NY 12186 | 518-439-9038

Lunch served Wednesday from 11:30 am – 12:30 pm (doors open at 11 am)