

Name: _____

Phone Number: _____

Email: _____

MARCH 2023 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cohoes Sr. Cntr. (L) Ohav Sholom Apts. (D) Watervliet Sr. Cntr. (L) Westview Homes Apts (L)	Town of Berne Sr. Cntr. (L) Cohoes Sr. Cntr. (L) Livingston School Apts. (D) South Mall Towers (D) Watervliet Sr. Cntr. (L) Westview Homes Apts. (L)	Cohoes Sr. Cntr. (L) Livingston School Apts. (D) Ohav Sholom Apts. (D) South Mall Towers (D) Watervliet Sr. Cntr. (L) Westview Homes Apts (L) Wyman Osterhout Com. Cntr. (L)	Cohoes Sr. Cntr. (L) Livingston School Apts. (D) St. Matthew's - Voorheesville (L) Watervliet Sr. Cntr. (L) Westview Homes Apts (L)	Town of Berne Sr. Cntr. (L) Cohoes Sr. Cntr. (L) South Mall Towers (L) Watervliet Sr. Cntr. (L) Westview Homes Apts (L)
		1 A. MEATLOAF WITH TOMATO GRAVY B. BAKED FISH C. TUNA SALAD SANDWICH	2 A. HOT OPEN FACED TURKEY SANDWICH WITH GRAVY B. BAKED FISH	3 A. MACARONI & CHEESE B. BAKED FISH C. EGG SALAD SANDWICH
6 A. CHICKEN BROCCOLI ALFREDO B. BAKED FISH	7 A. SWISS CHEESEBURGER B. BAKED FISH	8 A. ROAST PORK WITH GRAVY B. BAKED FISH C. ROAST BEEF SANDWICH	9 A. PEPPER STEAK B. BAKED FISH	10 A. BAKED FISH B. BAKED CHICKEN C. BLT PASTA SALAD WITH CHICKEN
13 A. AMERICAN GOULASH B. BAKED FISH	14 A. LEMON HERB BAKED CHICKEN B. BAKED FISH	15 A. SALISBURY STEAK w/ MUSHROOM GRAVY B. BAKED FISH C. CURRY CHICKEN SALAD SANDWICH	16 A. BAKED HAM WITH CRUSHED PINEAPPLE B. BAKED FISH	17 A. POTATO CRUNCH FISH B. BAKED CHICKEN C. EGG SALAD SANDWICH
20 A. MEATBALLS WITH MARINARA B. BAKED FISH	21 A. LASAGNA ROLLS UPS B. BAKED FISH	22 A. SPANISH RICE B. BAKED FISH C. TURKEY SANDWICH	23 A. CHICKEN MARSALA B. BAKED FISH	24 A. BBQ PULLED PORK B. BAKED FISH C. ROAST BEEF & SWISS CHEESE SANDWICH
27 A. SEAFOOD MACARONI & CHEESE B. BAKED CHICKEN	28 A. SLOPPY JOE B. BAKED FISH	29 A. ROAST TURKEY WITH GRAVY B. BAKED FISH C. COTTAGE CHEESE WITH PINEAPPLE	30 A. SAUSAGE & PEPPERS B. BAKED FISH	31 A. SWEDISH MEATBALLS w/ GRAVY B. BAKED FISH C. SEAFOOD SALAD PLATE

Cohoes & Watervliet:
Lunch (L) 12 pm

All other locations:
Lunch (L) 11:30 am
Dinner (D) 4:30 pm

Once you are registered for a meal, you are welcome to attend a meal at any of the LifePath Community Dining locations. See reverse side for addresses.

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

To reserve a meal, please call or email by 1 pm the day before by using the contact information below. While the dining room opens one hour prior to the meal, many of our Centers are open earlier for programming and socialization opportunities stop by earlier to participate and make a new friend!

- **TOWN OF BERNE COMMUNITY & SENIOR SERVICES CENTER**
1360 Helderberg Trail | Berne, NY 12023 | 518-465-3322 | mow@lifepathny.org
Lunch is served on Tuesday & Friday at 11:30 am
- **COHOES SENIOR CENTER**
10 Cayuga Plaza | Cohoes, NY 12047 | 518-235-2420 | cohoes@lifepathny.org
Lunch is served Monday – Friday at 12:00 pm
- **LIVINGSTON SCHOOL APARTMENTS**
315 Northern Blvd. | Albany, NY 12210 | 518-465-3322 | mow@lifepathny.org
Dinner is served on Tuesday, Wednesday & Thursday at 4:30 pm
- **OHAV SHOLOM APARTMENTS**
115 Krumkill Road | Albany, NY 12208 | 518-465-3322 | mow@lifepathny.org
Dinner is served on Monday & Wednesday at 4:30 pm
- **SOUTH MALL TOWERS**
101 South Pearl Street | Albany, NY 12207 | 518-465-3322 | mow@lifepathny.org
Dinner is served on Tuesday & Wednesday at 4:30 pm — Lunch is served on Friday at 11:30 am
- **ST. MATTHEW'S CHURCH (VOORHEESVILLE)**
25 Mountainview Street | Voorheesville, NY 12186 | 518-439-9038 | mow@lifepathny.org
Lunch is served on Thursday at 11:30 am
- **WATERVLIET SENIOR CENTER**
1501 Broadway | Watervliet, NY 12189 | 518-273-4422 | watervliet@lifepathny.org
Lunch is served Monday – Friday at 12:00 pm
- **WESTVIEW HOMES**
680 Central Ave. | Albany, NY 12206 | 518-482-2120 | westview@lifepathny.org
Lunch is served Monday – Friday at 12:00 pm
- **WYMAN OSTERHOUT COMMUNITY CENTER (NEW SALEM)**
7 The Old Road | Voorheesville, NY 12186 | 518-439-9038 | mow@lifepathny.org
Lunch is served on Wednesday at 11:30 am