



Name: _____

Phone Number: _____

Email: _____

___ Berne ___ Cohoes ___ Livingston ___ Ohav ___ SMT ___ St. Matthew's ___ Watervliet ___ Westview ___ Wyman

JANUARY 2024 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)
	2 A. SPINICH & BEEF MACARONI BAKE B. BAKED FISH	3 A. HONEY MUSTARD CHICKEN B. BAKED FISH C. ROAST BEEF SANDWICH	4 A. LEMON GARLIC FISH B. BAKED CHICKEN	5 A. SWISS CHEESEBURGER B. BAKED CHICKEN C. SEAFOOD SALAD SANDWICH
8 A. PENNE WITH MEAT SAUCE B. BAKED FISH	9 A. HAM & BEAN CASSEROLE B. BAKED FISH	10 A. ROAST PORK B. BAKED FISH C. TURKEY & SWISS SANDWICH	11 A. SHEPERD'S PIE B. BAKED FISH	12 A. ROAST TURKEY B. BAKED FISH C. CHICKEN BLT PASTA SALAD
15 A. TUNA NOODLE CASSEROLE B. BAKED CHICKEN	16 A. CHICKEN & RICE B. BAKED FISH	17 A. CHILI CON CARNE B. BAKED FISH C. TURKEY SANDWICH	18 A. ROAST PORK WITH RASPBERRY GLAZE B. BAKED FISH	19 A. BAKED MEATLESS ZITI B. BAKED FISH C. CURRY CHICKEN SALAD SANDWICH
22 A. CHICKEN CACCIATORE B. BAKED FISH	23 A. BBQ CHICKEN B. BAKED FISH	24 A. SPANISH RICE WITH BEANS B. BAKED CHICKEN C. TUNA FISH SANDWICH	25 A. CHICKEN TETRAZZINI B. BAKED FISH	26 A. ROAST BEEF WITH GRAVY B. BAKED FISH C. EGG SALAD SANDWICH
29 A. LASAGNA ROLL-UPS B. BAKED FISH	30 A. POTATO CRUNCH FISH B. BAKED CHICKEN	31 A. CHEESE TORTELLINI B. BAKED FISH C. HAM & SWISS CHEESE SANDWICH		

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