



AUGUST 2017

Friendship Cafe
20 Warren St, Albany



For reservations call 518-465-6465 by 1:30 pm the day before the meal.

Tuesday <u>Lunch 11:45 AM – 12:45 PM</u>	Wednesday <u>Lunch 11:45 AM – 12:45 PM</u>	Thursday <u>Lunch 11:45 AM – 12:45 PM</u>
1	2	3
Ham & Bean Casserole Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	Sloppy Joe on Wheat Bun Seasoned Zucchini & Tomato Watermelon	Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blended Veggies Wheat Bread Brownie
8	9	10
Roast Pork w/Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	Baked Chicken w/Mushroom Gravy Italian Blended Veggies Rice Rye Bread Strawberry Shortcake
15	16	17
Chicken Cacciatore Tomato & peppers Broccoli Rice Wheat bread pears	Beef Tips w/Brown Gravy Parsley Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Turkey Tetrazzini w/Peas Brussels Sprouts Wheat Bread Mandarin Oranges
22	23	24
Mac & Cheese Stewed Tomatoes California Blended Vegetables Wheat Bread Mandarin Oranges	BBQ Pulled Pork Seasoned Oven Roasted Potatoes Cole Slaw Wheat Bun Ambrosia Salad	Baked Fish w/Tomato Salsa Spinach Rice Pilaf Wheat Bread Pineapple
29	30	31
Beef & Broccoli Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Peach Glazed Chicken Seasoned Zucchini & Tomato Apple Juice Rice Rye Bread	Spanish Rice w/Beef & Beans Green Beans Corn Bread Fresh Cantaloupe