

JUNE 2018

Helderberg Senior Center Dining

1360 Helderberg Trail. Berne

Lunch 12:00 PM

For reservations call Karen Stark at 518-937-5963 by 10:00 am the day before the meal.

Monday	Tuesday	Friday
		1
		Meatloaf w/ Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread <i>Applesauce</i> B. Ham and Swiss on Rye Broccoli Salad C. Fish
4	5	8
Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables Whole Bread <i>Tapioca Pudding</i> B. Ham Salad Sandwich w/ Lettuce & Tomato Orange Juice Italian Bread Carrot Raisin Salad c. Baked Fish	Oregano Lemon Chicken Garlic Rosemary Roasted Potatoes California Blend Rye Bread <i>Cranberry Juice</i> <i>Birthday Cake</i> B. Soft Chicken Taco Mexican ColeSlaw Wheat Wrap C. Fish	A. Peach Glazed Chicken Mashed Sweet Potatoes Suatated Summer Squash <i>Peaches</i> <i>Rye Bread</i> <i>Brownie</i> C. Fish
11	12	15
A. Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll Chocolate Pudding B. Turkey Bacon BLT Three Bean Salad Apple Juice C. Fish	A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing <i>Applesauce Cake</i> B. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread C. Baked Fish	A. Chef Salad Plate with Muenster Cheese, and Boiled Egg Ranch Dressing Peaches Dinner Roll Chocolate Chip Cookie C. Fish
18	19	22
A. Chicken Primavera Pasta <i>Wheat Bread</i> <i>Tropical Fruit Salad</i> B. BLT Pasta Salad w/ Chicken V-8 juice C. Baked Fish	A. Sloppy Joe Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun <i>Watermelon</i> B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers C. Baked Fish	A. Beef Stroganoff Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie C. Baked Fish

25	26	29
<p>A. BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie</p> <p>B.Chicken Salad Sandwich on Wheat W/ Lettuce & Tomato Carrot Raisin Salad Orange Juice Chocolate Pudding</p> <p>C. Baked Fish</p>	<p>A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Wheat Bread Applesauce</p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Baked Fish</p>	<p>A. Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash Dinner Roll Brownie</p> <p>B. Egg Salad Sandwich Pickled Beets Apple Juice</p> <p>C. Chicken</p>

Congregate Dining is funded in large part through support from the Albany County Department for Aging, the New York State Office for Aging, and the Administration on Aging. Additional support for this program comes from donors and community businesses like you. There is a \$3.00 suggested contribution towards the cost of the meal. No one will be turned away due to an inability to make a contribution. All meals are served with 1% milk. Some items may be subject to last minute substitutions.

6/1/2018