



Offering Choice, Independence  
and Dignity

Name: \_\_\_\_\_

**May 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.*

<b>Monday</b>	<b>Tuesday 1</b>	<b>Friday 4</b>	<b>Monday 7</b>
	<p><b>A. Turkey w/ Gravy</b> Mashed Potatoes Peas &amp; Carrots Wheat Stuffing <i>Birthday Cake</i></p> <p><b>B. Roast Beef Sandwich</b> Lettuce &amp; Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Turkey Ruben Sandwich</b> Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p>	<p><b>A. Chicken Primavera</b> Pasta <i>Wheat Bread</i> <i>Tropical Fruit Salad</i></p> <p><b>B. BLT Pasta Salad</b> V-8 juice</p> <p><b>C. Baked Fish</b></p>
<b>Tuesday 8</b>	<b>Friday 11</b>	<b>Monday 14</b>	<b>Tuesday 15</b>
<p><b>A. Sloppy Joe</b> Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun <i>Watermelon</i></p> <p><b>B. Pita Sandwich w/ Chicken, Hummus, and vegetables</b> Sliced Cucumbers</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Beef Stroganoff</b> Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie</p> <p><b>C. Baked Fish</b></p>	<p><b>A. BBQ Chicken</b> California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie</p> <p><b>B. Chicken Salad Sandwich on Wheat</b> Carrot Raisin Salad Orange Juice Chocolate Pudding</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Roasted Pork w/ Gravy</b> Mashed Potatoes Green Beans Stuffing <i>Wheat Bread</i> <i>Applesauce</i></p> <p><b>B. Chef Salad w/ Munster, Turkey, Boiled Egg</b></p> <p><b>C. Baked Fish</b></p>
<b>Friday 18</b>	<b>Monday 21</b>	<b>Tuesday 22</b>	<b>Friday 25</b>
<p><b>A. Lemon Garlic Baked Fish</b> Mashed Sweet Potatoes Sautéed Summer Squash <i>Dinner Roll</i> <i>Brownie</i></p> <p><b>B. Egg Salad Sandwich</b> Pickled Beets Apple Juice</p>	<p><b>A. American Goulash</b> Dinner Salad Pasta <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p><b>B. Chef Salad w/ Munster, Turkey, Boiled Egg</b></p>	<p><b>A. Baked Chicken w/ Mushroom Gravy</b> Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Chef Salad Plate with Muenster Cheese, and Boiled Egg</b> Romaine, Tomatoes, Carrots Ranch Dressing Peaches Dinner Roll Chocolate Chip Cookie</p>

<b>C. Chicken</b>	<b>C. Baked Fish</b>		
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<b>Monday 28</b>	<p><i>This Congregate Dining Program 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. All Albany County congregate meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated, and go directly to support and expand the congregate meal program.</i></p> <p style="text-align: center;"><b><i>Contributions are voluntary, confidential, and purely optional.</i></b></p> <p><i>All seniors are welcome and encouraged to attend our meal programs and no one <b>with a reservation</b> will be turned away due to an inability to make a contribution.</i></p> <p style="text-align: center;"><i>All meals are served with milk. Some items may be subject to last minute <b>substitution</b>.</i></p>
<b>Holiday</b>	
<b>Tuesday 29</b>	
<p><b>A. Macaroni &amp; Cheese</b> Seasoned Zucchini &amp; Tomatoes <i>Dinner Roll</i> <i>Pineapple</i></p> <p><b>B. Chicken Salad Plate On A Bed Of Lettuce</b> Marinated Tomato &amp; Cucumber Salad <b>C. Baked Fish</b></p>	