

**OCTOBER 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
<b>1</b>	<b>2</b>	<b>5</b>
<p><b>A. Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i></p> <p><b>B. Chicken Salad Sandwich w/ Lettuce and Tomato</b> Pickled Beets Fresh Fruit Cup Whole Wheat Bread</p> <p><b>C. Chicken</b></p>	<p><b>A. Meatloaf w/Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower <i>Whole Wheat Bread</i> <i>Birthday Cake</i></p> <p><b>B. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg</b> Ranch Dressing Whole Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Mac &amp; Cheese</b> Stewed Tomatoes <i>Pineapple/ Orange Juice</i> <i>Whole Wheat Bread</i> <i>Brownie</i></p> <p><b>B. Egg Salad Sandwich w/ Lettuce and Tomato</b> Butternut Squash Soup</p> <p><b>C. Baked Fish</b></p>
<b>8</b>	<b>9</b>	<b>12</b>
<p><b>A. Knockwurst w/ Rye Bread</b> Cabbage and Onions StirFry German Potato Salad Fruit Punch Applasauce Cake</p> <p><b>B. Meatball Sub</b> Dinner Salad Whole Wheat Hotdog Bun</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Chili Con Carne</b> Spinach Corn Bread Apple Crisp</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Grilled Munster Cheese Sandwich</b> Tomato Soup Coleslaw Apple Juice Brownie</p> <p><b>B. Baked Fish</b></p>
<b>15</b>	<b>16</b>	<b>19</b>
<p><b>A. Cheeseburger w/ Lettuce &amp; Tomato</b> Seasoned Oven Roasted Potatoes Brussel Sprouts <i>Whole Wheat Bun</i> <i>Blueberry Tart</i></p> <p><b>B. Tuna Salad Sandwich w/ Lettuce and Tomato</b> Marinated Tomato &amp; Cucumber Salad Apple Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Baked Fish w/ Lemon Herb Sauce</b> Stewed Tomatoes <i>Grape Juice</i> Mashed Potatoes <i>Rye Bread</i> <i>Applesauce Cake</i></p> <p><b>B. Chicken Salad Plate w/ Lettuce and Tomato</b> Spinach Salad w/ Tomato and Carrots</p> <p><b>C. Chicken</b></p>	<p><b>A. Baked Ziti w/Meatballs</b> Italian Blended Veg. Dinner Roll <i>Chocolate Pudding</i></p> <p><b>B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato</b> Tomato Soup Pineapple Orange Juice Whole Wheat Bread</p> <p><b>C. Baked Fish</b></p>

22	23	26
<p><b>A. Spaghetti w/Meat Sauce</b> Dinner Salad Dinner Roll <i>Tapioca Pudding</i></p> <p><b>B. Ham Salad Sandwich w/ Lettuce and Tomato</b> Orange Juice Coleslaw w/ Carrots Rye Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Herbed Chicken w/ Gravy</b> Baked Sweet Potatoes Apples Spinach Dinner Roll <i>Brownie</i></p> <p><b>B. 2 Beef Tacos w/ Salsa and Sour Cream, Shredded Lettuce</b> Spinach Salad w/Tomato and Carrots Whole Wheat Wrap</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Tuna Salad Sandwich</b> Harty Bean Soup Pickeled Beet Salad Apple Juice Brownie</p> <p><b>B. Baked Fish</b></p>
29	30	
<p><b>A. Chicken Chow Mein</b> Asian Veg. Spaghetti <i>Whole Wheat Bread</i> <i>Strawberries w/ Whipped Topping</i></p> <p><b>B. Turkey Bacon Lettuce and Tomato Sandwich</b> Three Bean Salad</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Roast Turkey w/ Gravy</b> Mashed Potatoes Carrots Whole Wheat Stuffing <i>Applesauce</i></p> <p><b>B. Roast Beef Sandwich w/ Lettuce and Tomato</b> Cream of Broccoli Soup Rye Bread</p> <p><b>C. Baked Fish</b></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.*

**10/1/2018**