

SEPTEMBER 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
3	4	7
<b>Labor Day Holiday</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. Fish</b></p>	<p><b>A. Roasted Pork Loin w/Gravy</b> Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce</p> <p><b>B. Baked Fish</b></p>
10	11	14
<p><b>A. Chicken primavera</b> Pasta Wheat Bread Tropical Fruit Salad</p> <p><b>B. BLT Bowtie Pasta Salad w/ chicken</b> V8 Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Sloppy Joe</b> Roasted Red Potatoes Sautéed Summer Squash 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>
17	18	21
<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 Wheat Bread Chocolate Pudding</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>	<p><b>A. BLT Bow Tie Pasta Salad w/ Chicken</b> <b>Cucumber Radish Salad</b> <b>Pineapple Juice</b> <b>Wheat Bread</b> <b>Oatmeal Cookie</b></p> <p><b>C. Baked Fish</b></p>

<b>C. Baked Fish</b>		
<b>24</b>	<b>25</b>	<b>28</b>
<b>A. American Goulash</b> Dinner Salad Pasta <i>Whole wheat bread</i> <i>Mandarin Oranges</i>  <b>B. Chef Salad w/ Munster, Turkey, Boiled Egg</b>  <b>C. Baked Fish</b>	<b>A. Baked Chicken w/ Mushroom Gravy</b> Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake  <b>C. Baked Fish</b>	<b>Potato Crunch Fish</b> Mashed Potatoes Peas & Carrots Rye Bread Peaches  <b>C. Baked Chicken</b>

*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.***

**9/6/2018**