



Offering Choice, Independence
and Dignity

January- March 2018

Chapman Center Senior Dining Program

340 First Street, Albany, NY

Lunch 12:00 PM

*For reservations call Capital Area Council Of Churches 518-562-5450
by noon on Monday*

Tuesday	Tuesday	Tuesday
1/2	1/9	1/16
Chili Con Carne Spinach Corn Bread Apple Crisp	Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	Herbed Chicken w/ Gravy Sweet Potatoes & Apples Broccoli Dinner Roll Tapioca Pudding
1/23	1/30	2/6
Roasted Turkey w/ Gravy Mashed Sweet Potatoes Stuffing Carrots Applesauce	Roast Pork w/Gravy Oven Roasted Potatoes Carrots Dinner Roll Sliced Apples w/ Cinnamon w/ Whipped Topping	Meatloaf w/Tomato Gravy Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping
2/13	2/20	2/27
Shrimp Scampi over Pasta Dinner Salad Spinach Wheat Bread Apple Crisp	Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	Herbed Chicken w/ Gravy Sweet Potatoes & Apples Broccoli Dinner Roll Tapioca Pudding
3/6	3/13	3/20
Roasted Turkey w/ Gravy Mashed Sweet Potatoes Stuffing Carrots Applesauce	Tuna Salad Sandwich on Whole Wheat Hearty Bean Soup Pickled Beet Salad Brownie	Meatloaf w/Tomato Gravy Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping
3/27		
Chili Con Carne Spinach Corn Bread Apple Crisp		

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.

