

October - December 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 10/2	Tuesday 10/9
	<p>A. Meat Loaf w/ Tomato Gravy Oven Roasted Potatoes Cauliflower <i>Whole Wheat Bread</i> <i>Pound Cake with Strawberries</i></p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg Dinner Roll</p> <p>C. Baked Fish</p>	<p>A. Chili Con Carne Corn Braed Spinach <i>Appl Crisp</i></p> <p>B. Baked Fish</p>
Tuesday 10/16	Tuesday 10/23	Tuesday 10/30
<p>A. Baked Fish w/Lemon Herb Sauce Rice Stewed Tomatoes <i>Grape Juice</i> <i>Rye Bread</i> <i>Apple Sauce Cake</i></p> <p>B. Chicken Salad on a Bed of Lettuce Spinach Salad /w Tomato and Carrots</p> <p>C. Chicken</p>	<p>A. Herbed Chicken w/ Gravy Baked Sweet Potatoes w/Apples Spinach <i>Dinner Roll</i> <i>Brownie</i></p> <p>B. 2 Soft Shell Beef Tacos with Cheese, Lettuce, and Salsa Spinich Salad w/ Tomato and Carrots Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Roasted Turkey w/ Gravy Mashed Potatoes Carrots Wheat Stuffing <i>Applesauce</i></p> <p>B. Roast Beef Sandwich on Rye Lettuce & Tomatoes Cream of Broccoli Soup Pineapple Orange Juice</p> <p>C. Baked Fish</p>
Tuesday 11/6	Tuesday 11/13	Tuesday 11/20
<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Potatoes Peas & Carrots <i>Dinner Roll</i> <i>Warm Sliced Apples with Whipped Topping</i></p> <p>B. Chicken Curry Salad on a Bed of Lettuce Pasta Salad w/Broccoli</p> <p>C. Baked Fish</p>	<p>A. Meat Loaf w/ Tomato Gravy Oven Roasted Potatoes Cauliflower <i>Whole Wheat Bread</i> <i>Pound Cake with Strawberries</i></p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Baked Fish</p>	<p>A. Chili Con Carne Corn Braed Spinach Apple Crisp</p> <p>B. Baked Fish</p>

Tuesday 11/27	Tuesday 12/4	Tuesday 12/11
<p>A. Baked Fish w/Lemon Herb Sauce Rice Stewed Tomatoes Grape Juice Rye Bread Apple Sauce Cake</p> <p>B. Chicken Salad on a Bed of Lettuce Spinach Salad with Tomato and Carrots</p> <p>C. Chicken</p>	<p>A. Herbed Chicken w/ Gravy Baked Sweet Potatoes w/Apples Spinach Dinner Roll Brownie</p> <p>B. 2 Soft Shell Beef Tacos with Cheese, Lettuce, and Salsa Spinach Salad /w Tomato and Carrots Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Roasted Turkey w/ Gravy Mashed Potatoes Carrots Wheat Stuffing Applesauce</p> <p>B. Roast Beef Sandwich on Rye Lettuce & Tomatoes Cream of Broccoli Soup Pineapple Orange Juice</p> <p>C. Baked Fish</p>
Tuesday 12/18	Tuesday 12/25	
<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Potatoes Peas & Carrots Dinner Roll Warm Sliced Apples with Whipped Topping</p> <p>B. Chicken Curry Salad on a Bed of Lettuce Pasta Salad w/Broccoli</p> <p>C. Baked Fish</p>	<h1>Closed</h1>	

*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. **Contributions are voluntary, confidential, and purely optional.***

*All seniors are welcome and encouraged to attend our meal programs and no one **with a reservation** 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 **substitution.***