



SEPTEMBER 2017
Friendship Cafe
20 Warren St, Albany

For reservations call 518-465-6465 by 1:30 pm the day before the meal.

Tuesday <u>Lunch 11:45 AM – 12:45 PM</u>	Wednesday <u>Lunch 11:45 AM – 12:45 PM</u>	Thursday <u>Lunch 11:45 AM – 12:45 PM</u>
5	6	7
Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	Baked Fish Mashed Sweet Potato Cauliflower Wheat Dinner Roll Strawberry Shortcake	Roasted Pork Loin w/Gravy Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce
12	13	14
Ham & Bean Casserole Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	Sloppy Joe on Wheat Bun Seasoned Zucchini & Tomato Watermelon	Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blended Veggies Wheat Bread Brownie
19	20	21
Roast Pork w/Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	Baked Chicken w/Mushroom Gravy Italian Blended Veggies Rice Rye Bread Strawberry Shortcake
26	27	28
Chicken Cacciatore Tomato & peppers Broccoli Rice Wheat bread pears	Beef Tips w/Brown Gravy Parsley Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Turkey Tetrazzini w/Peas Brussels Sprouts Wheat Bread Mandarin Oranges