

AUGUST 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
		A. Beef Stroganoff Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie C. Baked fish
6	7	10
A. BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie B. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Wheat Bread Chocolate Pudding C. Baked Fish	A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Wheat Bread <i>Birthday Cake</i> B. Chef Salad w/ Munster, Turkey, Boiled Egg C. Baked Fish	A. Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash Dinner Roll Brownie B. Egg Salad Sandwich Pickled Beets Apple Juice C. Baked Chicken
13	14	17
A. American Goulash Dinner Salad Pasta Whole wheat bread Mandarin Oranges B. Chef Salad w/ Munster, Turkey, Boiled Egg C. Baked Fish	A. Baked Chicken w/ Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake C. Baked Fish	A. BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie C. Baked Fish

20	21	24
<p>A. Baked Fish w/ Tomato Salsa Rice Pilaf California Blend Apple Juice Wheat Bread Lemon Pudding</p> <p>B. Tuna Salad Sandwich Spinach Salad w/ Tomato & Carrots</p> <p>C. Baked Chicken</p>	<p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes Dinner Roll Pineapple</p> <p>B. Chicken Salad Plate On A Bed Of Lettuce Marinated Tomato & Cucumber Salad Pineapple chunks</p> <p>C. Baked Fish</p>	<p>A. Meatloaf w/ Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce</p> <p>B. Ham & Swiss Cheese Sandwich w/ Lettuce & Tomato Carrot Raisin Salad</p> <p>C. Baked Fish</p>
27	28	31
<p>A. Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables Whole Wheat Bread Tapioca Pudding</p> <p>B. Ham Salad Sandwich w/ Lettuce & Tomato Carrot Raisin Salad Italian Bread Orange Juice</p> <p>C. Baked Fish</p>	<p>A. Oregano Lemon Chicken Garlic Rosemary Roasted Potatoes Cali Blend Veggies Cranberry Juice Rye Bread Applesauce Cake</p> <p>B. Chicken Taco w/ Lettuce Cheese & Salsa Mexican Coleslaw</p> <p>C. Baked Fish</p>	<p>A. Cheese Burger w/ Lettuce & Tomato Three Bean Salad Melon Balls Hamburger Bun Vanilla Ice Cream Cup</p> <p>C. Baked Fish</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.

8/2/2018