



Offering Choice, Independence
and Dignity

DECEMBER 2017
Helderberg Senior Center Dining
1360 Helderberg Trail. Berne
Lunch 12:00 PM

For reservations call Karen Stark 518-937-5963 by 10:00 am the day before the meal.

| Monday | Tuesday | Friday |
|--|--|--|
| | | 1 |
| | | Baked Ziti Italian Blend Vegetables Italian Bread Chocolate Pudding |
| 4 | 5 | 8 |
| Spanish Rice Carrots Corn Bread Brownie | Herbed Chicken w/Gravy Roasted Sweet Potatoes Broccoli Dinner Roll <i>Birthday Cake</i> | Lemon Oregano Fish Zucchini & Tomatoes Yellow Rice Rye Bread Citrus Ambrosia |
| 11 | 12 | 15 |
| Chicken & Rice Peas & Carrots Grape Juice Wheat Bread Chocolate Chip Cookie | Roast Turkey w/ Gravy Mashed Sweet Potatoes Stuffing Carrots Applesauce | Potato Crunch Fish Pineapple Juice Spinach Rice Pilaf Wheat Bread Lemon Cake |
| 18 | 19 | 22 |
| Chicken Ala King Over Egg Noodles Peas Wheat Bread Strawberries w/ Whipped Topping | Pork Roast w/Gravy Roasted Red Potatoes Carrots Dinner Roll Warm Sliced Apples w/ Whipped Topping | Lasagna Roll-Up Dinner Salad Italian Bread Baked Pears with Ice Cream |
| 25 | 26 | 29 |
| CLOSED Christmas Holiday | Meatloaf w/ Tomato Gravy Cauliflower Oven Roasted Potatoes Wheat Bread Pound Cake w/Strawberries and Whipped Topping | Mac & Cheese Stewed Tomatoes Grape Juice Wheat Bread Brownie |

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.

11/29/2017