

FEBRUARY 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
		2
		Lasagna Roll-Up w/Marinara Sauce Dinner salad Italian Bread Baked Pears & Ice Cream
5	6	9
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	Meatloaf w/Tomato Gravy Roasted Potatoes Cauliflower Wheat Bread <i>Birthday Cake</i>	Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie
12	13	16
Chicken w/Peach Sauce Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	Shrimp Scampi Spinach Dinner Salad Wheat Bread Apple Crisp	Baked Fish Baked Sweet Potato Peas Cranberry Juice Rye Bread Brownie
19	20	23
Cheeseburger w/Swiss Seasoned Oven Roasted Potatoes Brussels' Sprouts Hamburger Bun Blueberry Tart	Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	Baked Ziti Tomato Sauce Dinner Salad Italian Bread Chocolate Pudding
26	27	
Spanish Rice Carrots Corn Bread Brownie	Herbed Chicken w/Gravy Baked Sweet Potato & Apples Broccoli Dinner Roll Tapioca Pudding	

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.

2/2/2018