

## JANUARY 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
1	2	5
<b>Closed Happy New Years</b>	<b>Chili Con Carne</b> Spinach Corn Bread Birthday Cake	<b>Baked Fish</b> Baked Sweet Potatoes Peas Cranberry Juice Rye Bread Brownie
8	9	12
<b>Cheeseburger w/Swiss Cheese</b> Seasoned Oven Roasted Potatoes Brussels Sprouts Hamburger Bun Blueberry Tart	<b>Baked Fish w/Lemon Herb Sauce</b> Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	<b>Baked Ziti</b> Italian Blended Vegetables Italian Bread Chocolate Pudding
15	16	19
<b>Closed</b>	<b>Herbed Chicken w/ Gravy</b> Sweet Potatoes & Apples Broccoli Dinner Roll Tapioca Pudding	<b>Lemon Oregano Fish</b> Zucchini & Tomatoes Yellow Rice Rye Bread Citrus Ambrosia
22	23	26
<b>Chicken &amp; Rice</b> Peas & Carrots Grape juice Wheat Bread Chocolate Chip Cookie	<b>Roast Turkey w/ Gravy</b> Whipped Sweet potatoes Carrots Stuffing Applesauce	<b>Potato Crunch Fish</b> Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake w/ Frosting
29	30	
<b>Chicken Ala King Over Egg Noodles</b> Peas Wheat Bread Strawberries w/ Whipped Topping	<b>Roast Pork w/Gravy</b> Oven Roasted Potatoes Carrots Dinner Rolls Sliced Apples w/ cinnamon w/ Whipped Topping	

*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.*

1/3/2018