



Offering Choice, Independence
and Dignity

November 2017

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
		Potato Crunch Fish Baked Sweet Potatoes & Apples Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake
6	7	10
Chicken Ala King over Egg Noodles Peas Wheat Bread Strawberries w/ Whipped Topping	Pork Roast w/Gravy Seasoned Oven Red Roasted Potatoes Carrots Dinner Rolls Birthday Cake	Lasagna Roll-Up w/Marinara Sauce Dinner Salad Italian Bread Baked Pears w/ Ice Cream
13	14	17
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie
20	21	24
Chicken w/Peach Sauce Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	Chili Con Carne Spinach Corn Bread Apple Crisp	Closed
27	28	
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	

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.

10/31/2017