

Helderberg Senior Center Dining

1360 Helderberg Trail. Berne

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

Monday	Tuesday	Friday
2	3	6
<p style="text-align: center;">Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse</p>	<p style="text-align: center;">Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread <i>Birthday Cake!</i></p>	<p style="text-align: center;">Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie</p>
9	10	13
<p style="text-align: center;">Knockwurst Cabbage & Stir Fry German Potato Cranberry Juice Rye Bread Applesauce Cake</p>	<p style="text-align: center;">Chili Con Carne Spinach Corn Bread Apple Crisp</p>	<p style="text-align: center;">Baked Fish w/Tartar Sauce Baked Sweet Potato Peas Rye Bread Cranberry Juice Brownie</p>
16	17	20
<p style="text-align: center;">Cheeseburger/ Swiss Cheese Hamburger Bun Oven Roasted Potatoes Brussel Sprouts Blueberries Tart</p>	<p style="text-align: center;">Baked Fish w/Lemon Herb Sauce Stewed Tomato Cranberry Juice Rice Rye Bread Applesauce Cake</p>	<p style="text-align: center;">Baked Ziti Italian Blend Vegetables Italian Bread Chocolate Pudding</p>
23	24	27
<p style="text-align: center;">Spanish Rice Carrots Corn Bread Brownie</p>	<p style="text-align: center;">Herbed Chicken w/Gravy Roasted Sweet Potatoes Broccoli Dinner Roll Tapioca Pudding</p>	<p style="text-align: center;">Lemon Oregano Fish Stewed Tomatoes & Zucchini Yellow Rice Rye Bread Citrus Ambrosia</p>
30	31	
<p style="text-align: center;">Chicken and Rice Peas & Carrots Grape Juice Wheat Bread Chocolate Chip Cookies</p>	<p style="text-align: center;">Roasted Turekey w/ Gravy Mashed Sweet Potatoes Stuffing Carrots Applesauce</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.

9/29/2017