

## AUGUST 2017

### Helderberg Senior Center Dining

1360 Helderberg Trail. Berne

Lunch 12:00 PM

*For reservations call Linda at 518-872-0940 by 10:00 am the day before the meal.*

Monday	Tuesday	Friday
	1	4
	Ham & Bean Casserole Spinach Corn Bread Birthday cake	Baked Ziti w/Cheese Brussell sprouts Wheat Dinner Roll Peaches and Cream
7	8	11
BBQ Chicken California Blended Vegetables Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	Roast Pork w/Gravy Stuffing Mashed Potatoes Carrots Wheat Bread Applesauce	Lemon Garlic Baked Fish Baked Sweet Potato Spinach Wheat Dinner Roll Fresh Melon Cup
14	15	18
American Goulash Romaine Salad Wheat Bread Applesauce Cake	Chicken Cacciatore Broccoli Rice Wheat Bread Pears	Potato Crunch Fish Peas Baked Mashed Sweet Potatoes Rye Bread Ambrosia
21	22	25
Citrus Marinated Chicken Rice Mixed Vegetables Grape Juice Wheat Bread Brownie	Macaroni and Cheese Stewed Tomatoes California Blend Wheat Bread Mandarin Oranges	Meatloaf w/Mushroom Gravy Mashed Potatoes Boccoli Wheat Bread Applesauce
28	29	
Lasagna Roll-Ups Italian Blend Italian Bread Tapioca Pudding	Beef and Broccoli Egg Noodles Carrots Wheat Bread Tropical Fruit Salad	

*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.*

7/27/2017