

## MARCH 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
		<b>Lemon Oregano Fish</b> Zucchini & Tomatoes Yellow Rice Rye Bread Citrus Ambrosia
5	6	9
<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>Birthday Cake</b>	<b>Potato Crunch Fish</b> Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake w/ Frosting
12	13	16
<b>Chicken Ala King</b> <b>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	<b>Lasagna Roll-Up w/Marinara</b> <b>Sauce</b> Dinner salad Italian Bread Baked Pears & Ice Cream
19	20	23
<b>Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	<b>Meatloaf w/Tomato Gravy</b> Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/ Strawberries & Whip Topping	<b>Mac &amp; Cheese</b> Stewed Tomatoes Wheat Bread Grape Juice Brownie
26	27	30
<b>Chicken w/Peach Sauce</b> Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	<b>Chili Con Carne</b> Spinach Corn Bread Apple Crisp	<b>Baked Fish</b> Baked Sweet Potato Peas Cranberry Juice Rye Bread Brownie

*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.*

2/28/2018