



JULY 2017

**Friendship Cafe**  
20 Warren St, Albany



*For reservations call 518-465-6465 by 1:30 pm the day before the meal.*

<b>Tuesday</b> <u>Lunch 11:45 AM – 12:45 PM</u>	<b>Wednesday</b> <u>Lunch 11:45 AM – 12:45 PM</u>	<b>Thursday</b> <u>Lunch 11:45 AM – 12:45 PM</u>
<b>4</b>	<b>5</b>	<b>6</b>
<b>Holiday</b> <b>Happy July 4<sup>th</sup>!</b>	<b>Beef Tips w/Brown Gravy</b> Parseley Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	<b>Turkey Tettrazini w/Peas</b> Brussel Sprouts Wheat Bread Mandarin Oranges
<b>11</b>	<b>12</b>	<b>13</b>
<b>Mac &amp; Cheese</b> Stewed Tomatoes California Blended Vegetables Wheat Bread Mandarin Oranges	<b>BBQ Pulled Pork</b> Seasoned Oven Roasted Potatoes Cole Slaw Wheat Bun Ambrosia Salad	<b>Baked Fish w/Tomato Salsa</b> Spinach Rice Pilaf Wheat Bread Pineapple
<b>18</b>	<b>19</b>	<b>20</b>
<b>Beef &amp; Broccoli</b> Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	<b>Peach Glazed Chicken</b> Seasoned Zucchini & Tomato Apple Juice Rice Rye Bread	<b>Spanish Rice w/Beef &amp; Beans</b> Green Beans Corn Bread Fresh Cantaloupe
<b>25</b>	<b>26</b>	<b>27</b>
<b>Turkey w/Gravy</b> Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	<b>Baked Fish Almandine</b> Mashed Sweet Potatoes Cauliflower Wheat Dinner Roll Strawberry Shortcake	<b>Roasted Pork Loin w/Gravy</b> Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce

*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 for Albany County Residents; the fee for non-Albany County residents and those under 60 is \$7.00. All meals are served with 1% milk. **Some items may be subject to last minute substitution.** 6/30/2017*