



MAY 2017

Friendship Cafe
20 Warren St, Albany



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

Tuesday <u>Lunch 11:45 AM – 12:45 PM</u>	Wednesday <u>Lunch 11:45 AM – 12:45 PM</u>	Thursday <u>Lunch 11:45 AM – 12:45 PM</u>
2	3	4
Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cake	Baked Fish Almandine Mashed Sweet Potatoes Cauliflower Wheat Dinner Roll Strawberry Shortcake	Roasted Pork Loin w/Gravy Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce
9	10	11
Ham & Bean Casserole Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	Sloppy Joe on Wheat Bun Seasoned Zucchini & Tomato Watermelon	Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blended Veggies Wheat Bread Brownie
16	17	18
Roast Pork w//Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	Baked Chicken w/Mushroom Gravy Italian Blend Veggies Rice Rye Bread Strawberry Shortcake
23	24	25
Chicken Cacciatore (Tomato & Peppers) Broccoli Rice Wheat Bread Pears	Beef Tips w/Brown Gravy Parsley Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Turkey Tetrazzini w/Peas Brussel Sprouts Spaghetti Wheat Bread Mandarin Oranges
30		
Mac & Cheese Stewed Tomatoes California Blended Veggies Wheat Bread Mandarin Oranges		

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. 4/27/2017