



Offering Choice, Independence
and Dignity

October 2018 OHAV Sholom Dinning

115 Krumkill Rd, Albany

**Dinner 4:30PM for reservations call 518-848-6387 by 1:30 pm
the day before the meal**

Monday	Tuesday	Wednesday 3	Thursday	Friday
		A. Beef Tips w/ Gravy Over Noodles Brussel Sprouts Orange Juice Wheat Bread Sweet Potato Pie B. Baked Fish		
		10		
		A. Roast Turkey w/ Gravy and Wheat Stuffing and Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Pumpkin Pie B. Baked Fish		
		17		
		A. Pepper Steak Oven Roasted Potatoes Coleslaw w/ Carrots Tropical Fruit Dinner Roll B. Baked Fish		
		24		
		A. Beef Lasagna w/ Tomato Sauce Italian Vegetables Rye Bread Ice Cream w/ Strawberries B. Baked Fish		
		31		
		A. Hot Open Faced Roast Beef Sandwich Mashed Potatoes Carrots Cranberry Juice Wheat Bread Chocolate Pudding B. Baked Fish		

*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 milk. **Some items may be subject to last minute substitution. 10/1/2018***