

**October 2017
Friendship Cafe**

20 Warren St, Albany

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



Tuesday 3 <u>Lunch 11:30 AM</u>	Wednesday 4 <u>Lunch 11:30 Am</u>	Thursday 5 <u>Lunch 11:30 AM</u>
Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	Honey Mustard Chicken Season Zucchini & Tomatoes Orange Juice Rice Dinner Roll Tapioca Pudding	Beef Stew (Peas, Carrots, Potatoes) V8 Romaine lettuce & Carrot Salad Wheat Biscuit Fruit Cocktail
Tuesday 10	Wednesday 11	Thursday 12
Chili Con Carne (Tomatoes & Beans) Spinach Corn Bread Apple Crisp	Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Vegetables Wheat Bread Pineapple Chunks	Sheppard's Pie (Mixed Vegetables & Mashed Potatoes) Brussels' Sprouts Dinner Roll Citrus Ambrosia
Tuesday 17	Wednesday 18	Thursday 19
Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Parsley Carrots Grape Juice Wheat Bread Cherry Crisp	Turkey Tetrazzini (Peas & Pasta) Beets Dinner Roll Mandarin Oranges
Tuesday 24	Wednesday 25	Thursday 26
Herbed Chicken w/Gravy Roasted Sweet Potatoes Broccoli Dinner Roll Tapioca Pudding	Spaghetti w/Meat Sauce Romaine Lettuce & Carrots Salad Italian Wheat Bread Pound Cake w/Blueberries	BBQ Pulled Pork Coleslaw w/Carrots Garlic Mashed Potatoes Hamburger Bun Applesauce w/Cinnamon
Tuesday 31		
Roasted Turkey w/Gravy Carrots Mashed Sweet Whole Wheat Stuffing 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.***