



Offering Choice, Independence
and Dignity

September 2018
OHAV Shalom 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	Thursday	Friday
		5		
		Roast Beef w/ Gravy Mashed Potatoes Carrots Wheat Bread Blueberry Crisp C.Baked Fish		
		12		
		Ziti w/ Meatballs Dinner Salad Italian Dressing Wheat Bread Sugar Cookie C. Baked Fish		
		19		
		Loaded Mac & Cheese Broccoli Apple Juice Wheat Bread Strawberries w/ Whipped Topping C. Baked Fish		
		26		
		BBQ Pulled Pork on Wheat Bun Coleslaw Three Bean Salad Vanilla Ice Cream w/ Apple Slices C. 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. 9/6/2018***