



AUGUST 2017
South Mall Dining
101 S. Pearl Street, Albany

For reservations call 518-482-2120 by 1:30 pm the day before the meal.

Tuesday <u>Dinner 5PM</u>	Wednesday <u>Dinner 5PM</u>	Friday <u>Lunch 12PM</u>
1	2	4
Ham & Bean Casserole Spinach Corn Bread Birthday cake	Sloppy Joe on wheat Bun Zucchini & Tomatoes watermelon	Baked Ziti w/Cheese Brussell Sprouts Dinner Roll Peaches & Cream
8	9	11
Roast Pork w/Gravy Stuffing Mashed Potatoes Carrots Wheat Bread Applesauce	Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli pears	Lemon Garlic Baked Fish Baked Sweet Potato Spinach Dinner Roll Fresh Melon Cup
15	16	18
Chicken Cacciatore Rice Broccoli Wheat Bread Pears	Beef Tips w/Brown Gravy & Noodles Parsley Carrots Wheat Bread Tropical Fruit Salad	Chicken BLT Pasta Cucumber Radish salad Wheat bread Pineapple juice Oatmeal cookie
22	23	25
Mac & Cheese Stewed Tomatoes California Blend Wheat Bread Mandarin Oranges	BBQ Pulled Pork Seasoned Oven Roasted Potatoes Cole Slaw Hamburger Bun Ambrosia Salad	Meatloaf w/Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce
29	30	
Beef & Broccoli Egg Noodles Carrots Wheat Bread Tropical Fruit Salad	Peach Glazed Chicken Zucchini & Tomato Rice Apple Juice Rye Bread Brownie	

*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 1% milk. **Some items may be subject to last minute substitution.***

7/27/2017