



JULY 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>
4	5	7
Holiday	Loaded Mac & Cheese w/Chicken & Bacon Broccoli Apple Juice Wheat Bread Blueberry Tart w/ Whipped Topping	BLT Bow Tie Pasta Salad w/Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie
11	12	14
Mac & Cheese Stewed Tomatoes California Blended Vegetables Wheat Bread Mandarin Oranges Birthday Cake	Cheeseburger Burger w/Swiss, Lettuce, Tomato, Onion on Wheat Bun Seasoned Potato Wedges California Blend Veggies Fresh Seasoned Fruit Cup	Meatloaf w/Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce
18	19	21
Beef & Broccoli Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Ziti w/Meatballs Tossed Romaine Salad Italian Dressing Wheat Bread Sugar Cookie	Turkey Rueben Sandwich on Rye Tomato Soup Mix Berries w/Whipped Cream
25	26	28
Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	Pot Roast with Gravy Mashed Potatoes Spinach Whole Wheat Bread Blueberry Crisp	Pepper Steak (Onions & Peppers) Summer Squash Rice Wheat Bread Lemon Cake

*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.** 6/30/2017*