



Tuesday Dinner 5PM	Wednesday Dinner 5PM	Friday Lunch 12PM
3	4	6
A. Hot Dog Baked Beans Cole Slaw Hot Dog Bun Watermelon <i>Vanilla Ice Cream Cup</i> Birthday Cake B. Baked Fish	Closed Independence Day	BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie C. Baked Fish
10	11	13
A. Macaroni & Cheese Seasoned Zucchini & Tomatoes Wheat Bread <i>Pineapple</i> B. Chicken Salad Sandwich on Wheat Marinated Tomato & Cucumber Salad Dinner roll C. Baked fish	Cheese Burger w/ Lettuce, Tomato & Onion Potato Wedges California Blend Hamburger Bun Fresh Fruit Cup C. Baked Fish	A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream C. Baked Fish
17	18	20
A. Oregano Lemon Chicken California Blend Garlic Rosemary Roasted Potatoes <i>Cranberry Juice</i> Rye Bread <i>Applesauce Cake</i> B. Soft Chicken Taco Mexican ColeSlaw C. Baked Fish	Ziti w/ Meatballs Dinner Salad Italian Dressing Wheat Bread Sugar Cookie C. Baked Fish	Peach Glazed Chicken Sweet Mashed Potatoes Sauteed Summer Squash Rye Bread Brownie C. Baked Fish

<p style="text-align: center;">Tuesday <u>Dinner 5PM</u></p>	<p style="text-align: center;">Wednesday <u>Dinner 5PM</u></p>	<p style="text-align: center;">Friday <u>Lunch 12PM</u></p>
24	25	27
<p>A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Stuffing Wheat Bread <i>Applesauce Cake</i></p> <p>B. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p> <p>C. Baked Fish</p>	<p>Roast Beef w/ Gravy Mashed Potatoes Carrots Wheat Bread Blueberry Crisp</p> <p>C. Baked Fish</p>	<p>Roasted Pork Loin w/ Gravy Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce</p> <p>C. Baked Fish</p>
31		
<p>Sloppy Joe Summer Squash Roasted Potatoes Hamburger Bun <i>Watermelon</i></p> <p>B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers Wheat Pita</p> <p>C. Baked Fish</p>		

This Congregate Dining Program 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. All Albany County congregate meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated, and go directly to support and expand the congregate meal program.

Contributions are voluntary, confidential, and purely optional.

*All seniors are welcome and encouraged to attend our meal programs and no one **with a reservation** 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**.*