



MAY 2017

**South Mall Dining**  
101 S. Pearl Street, Albany  
*For reservations call 518-482-2120 by 1:30 pm the day before the meal.*

<b>Tuesday</b> <u>Dinner 5PM</u>	<b>Wednesday</b> <u>Dinner 5PM</u>	<b>Friday</b> <u>Lunch 12PM</u>
<b>2</b>	<b>3</b>	<b>5</b>
<b>Turkey w/Gravy</b> Mashed Potatoes Peas & Carrots Wheat Stuffing  <b><i>Birthday Cake!</i></b>	<b>Pot Roast w/Gravy</b> Mashed Potatoes Spinach Wheat Bread Blueberry Crisp	<b>Pepper Steak w/Onions &amp; Peppers</b> Summer Squash Rice Wheat Bread Lemon Cake
<b>9</b>	<b>10</b>	<b>12</b>
<b>Ham &amp; Bean Casserole</b> Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	<b>Spanish Rice w/Beef &amp; Beans</b> Romaine Salad w/Radish, Cucumber French Dressing Corn Bread Strawberries w/Whipped Cream	<b>Chef Salad w/Ham, Swiss, Hard Boiled Egg</b> Salad Dressing Blended Fruit Punch Wheat Bread Lemon Cake
<b>16</b>	<b>17</b>	<b>19</b>
<b>Roast Pork w/Gravy</b> Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	<b>BBQ Chicken Thighs</b> Potato Salad Spinach Egg Noodles Wheat Bread Vanilla Pudding Tart	<b>Lemon Garlic Baked Fish</b> Baked Sweet Potatoes Spinach Wheat Dinner Roll Fresh Melon Cup
<b>23</b>	<b>24</b>	<b>26</b>
<b>Chicken Cacciatore</b> w/Tomato & Peppers Broccoli Rice Wheat Bread Pears	<b>Loaded Mac &amp; Cheese w/Chicken, Bacon</b> Broccoli Apple Juice Wheat Bread Blueberry Tart w/Whipped Topping	<b>BLT Bow Tie Pasta w/Chicken</b> Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie
<b>30</b>	<b>31</b>	
<b>Mac &amp; Cheese</b> Stewed Tomatoes California Blended Veggies Wheat Bread Mandarin Oranges	<b>Burger w/Swiss Cheese, Lettuce, Tomato, Onion on Wheat Roll</b> Seasoned Potato Wedges California Blend Fresh Seasonal Fruit Cup	

*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.*

4/27/2017