

November 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	3
	Hot Open Faced Roast Beef Sandwich w/ Gravy Mashed Potatoes Carrots Cranberry Juice Wheat Bread Lemon Cake	Potato Crunch Fish Sweet Potatoes & Apples Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake w/ Frosting
7	8	10
Rosemary Chicken Baked Yams California Blends Wheat Bread Mango Chunks Birthday Cake	Spiral Ham w/Crushed pineapple Mashed Potatoes Broccoli Dinner Roll Pumpkin Pie	Lasagna Roll-Up Dinner Salad Italian Bread Baked Pears w/ Ice Cream
14	15	17
Meatloaf w/ Gravy Roasted Sweet Potatoes Cauliflower Wheat Bread Pound Cake w/ Strawberries	Roast Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Stuffing Pumpkin Pie	Mac & Cheese Stewed Tomatoes Grape Juice Wheat Bread Brownie
21	22	24
Spaghetti W/ Meatballs Cauliflower Dinner Salad Italian Bread Italian Ice	Pot Roast W/ Gravy Mashed Sweet Potatoes Wheat Bread Strawberries	Baked Fish Peas Sweet Potatoes Cranberry Juice Rye Bread Brownie
28	29	
Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes Fruit Punch Rice Rye Bread Applesauce cake	Pepper steak Oven Roasted potatoes Coleslaw w/ Carrots Dinner Roll Tropical Fruit	

*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.***

10/31/2017