

NOVEMBER 2018

South Mall Dining

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

<p>Tuesday <u>Dinner 5PM</u></p>	<p>Wednesday <u>Dinner 5PM</u></p>	<p>Friday 2 <u>Lunch 12PM</u></p>
		<p>A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon Cake w/ Frosting</p> <p>B. Chicken</p>
<p>Tuesday 6</p>	<p>Wednesday 7</p>	<p>Friday 9</p>
<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots <i>Dinner Roll</i> <i>Sliced Apples w/ Cinnamon and Whipped Topping</i></p> <p>B. Chicken Curry Salad on Bed of Lettuce Pasta Broccoli Salad</p> <p>C. Baked Fish</p>	<p>A. Baked Ham w Crushed Pineapple Mashed Sweet Potatoes Broccoli Dinner Roll Birthday Cake AppleSauce</p> <p>B. Baked Fish</p>	<p>A. 2 Lasagna Roll-up Spinach Salad w/ Manderine Oranges Whole Wheat Bread Cherry Crisp</p> <p>B. Baked Fish</p>
<p>Tuesday 13</p>	<p>Wednesday 14</p>	<p>Friday 16</p>
<p>A. Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower <i>Whole Wheat Bread</i> <i>Pound Cake w/ Strawberries and Whip Topping</i></p> <p>B. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing</p> <p>C. Baked Fish</p>	<p>A. Beef Tips w/ Gravy Over Noodles Brussel Sprouts Orange Juice Whole Wheat Bread Pumpkin Pie</p> <p>B. Baked Fish</p>	<p>A. Mac & Cheese Stewed Tomatoes <i>Pineapple/ Orange Juice</i> <i>Whole Wheat Bread</i> <i>Brownie</i></p> <p>B. Egg Salad Sandwich w/ Lettuce and Tomato Butternut Squash Soup</p> <p>C. Baked Fish</p>

Tuesday 20	Wednesday 21	Friday 23
<p>A. Chili Con Carne Spinach Corn Bread Apple Crisp</p> <p>B. Baked Fish</p>	<p>A. Roast Turkey w/ Gravy and Wheat Stuffing and Cranberry Sauce Mashed Potatoes Green Beans Apple Juice <i>Pumpkin Pie</i></p> <p>B. Turkey/Swiss Wrap w/ Lettuce and Tomato Cesar Dressing Minestrone Soup Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<h1>CLOSED</h1>
Tuesday 27	Wednesday 28	Friday 30
<p>A. Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes <i>Grape Juice</i> Rice <i>Rye Bread</i> <i>Applesauce Cake</i></p> <p>B. Chicken Salad Sandwich w/ Lettuce and Tomato Spinach Salad w/ Dressing</p> <p>C. Chicken</p>	<p>A. Pepper Steak Oven Roasted Potatoes Coleslaw w/ Carrots Tropical Fruit Whole Wheat Bread</p> <p>B. Baked Fish</p>	<p>A. Baked Ziti Italian Blended Veg. Dinner Roll <i>Chocolate Pudding</i></p> <p>B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato Tomato Soup Pineapple Orange Juice Whole Wheat Bread</p> <p>C. Baked Fish</p>

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 milk. Some items may be subject to last minute substitution. 11/2/2018