

October 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> |
|---|---|--|
| 3 | 4 | 6 |
| Meatloaf w/Gravy Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Birthday Cake! | Beef Tips w/Gravy Brussel Sprouts Egg Noodles Orange Juice Wheat Bread Sweet Potato Pie | Mac & Cheese Stewed Tomatoes Grape Juice Wheat Bread Brownie |
| 10 | 11 | 13 |
| Knockwurst Cabbage & Onion Stir Fry German Potato Salad Cranberry Juice Rye Bread Applesauce Cake | Pot Roast w/Gravy Mashed Sweet Potatoes Wheat Bread Strawberries | Grilled Munster Cheese Sandwich On Wheat Bread Tomatoe Soup Coleslaw Apple Juice Brownie |
| 17 | 18 | 20 |
| Baked Fish w/Herb Sauce Stewed Tomatoes Rice Rye Bread Cranberry Juice Applesauce Cake | Pepper Steak Seasoned Oven Roasted Potatoes Cole Salw Dinner Roll Tropical Fruit | Baked Ziti Italian BlendsVegetables Italian Bread Chocolate Pudding |
| 24 | 25 | 27 |
| Herbed Chicken w/Gravy Seasoned Oven Roasted Potatoes Broccoli Dinner Roll Tapioca Pudding | Beef Lasagna Italian Vegetables Wheat Italian Bread Apple Juice Ice Cream | Tuna Salad Sandwich Hearty Bean Soup Pickled Beet Salad Apple Juice Brownie |
| 31 | | |
| Roasted Turekey w/ Gravy Mashed Sweet Potatoes Stuffing Carrots Applesauce | | |

*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.***

9/29/2017