

**OCTOBER 2018**

**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 2 <u>Dinner 5PM</u></b>	<b>Wednesday 3 <u>Dinner 5PM</u></b>	<b>Friday 5 <u>Lunch 12PM</u></b>
<p><b>A. Meatloaf w/ Tomato Gravy</b> Oven Roasted Potatoes Cauliflower Wheat Bread <i>Birthday Cake</i> <i>Applesauce</i></p> <p><b>B. Baked Fish</b></p>	<p><b>A. Beef Tips w/ Gravy Over Noodles</b> Brussel Sprouts Orange Juice Wheat Bread Sweet Potato Pie</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Mac &amp; Cheese</b> Stewed Tomatoes <i>Pineapple/ Orange Juice</i> <i>Whole Wheat Bread</i> <i>Brownie</i></p> <p><b>B. Egg Salad Sandwich w/ Lettuce and Tomato</b> Butternut Squash Soup</p> <p><b>C. Baked Fish</b></p>
<b>Tuesday 9</b>	<b>Wednesday 10</b>	<b>Friday 12</b>
<p><b>A. Knockwurst</b> Cabbage and Onion Stir Fry German Potato Salad Fruit Punch Rye Bread Applesauce Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roast Turkey w/ Gravy and Wheat Stuffing and Cranberry Sauce</b> Mashed Potatoes Green Beans Apple Juice Pumpkin Pie</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Grilled Munster Cheese Sandwich</b> Tomato Soup Coleslaw w/ Carrots Apple Juice Wheat Bread Brownie</p> <p><b>C. Baked Fish</b></p>
<b>Tuesday 16</b>	<b>Wednesday 17</b>	<b>Friday 19</b>
<p><b>A. Baked Fish w/ Lemon Herb Sauce</b> Stewed Tomato Grape Juice Rice Rye Bread AppleSauce Cake</p> <p><b>B. Chicken</b></p>	<p><b>A. Pepper Steak</b> Oven Roasted Potatoes Coleslaw w/ Carrots Tropical Fruit Dinner Roll</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Baked Ziti</b> Italian Blended Veg. Dinner Roll <i>Chocolate Pudding</i></p> <p><b>B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato</b> Tomato Soup Pineapple Orange Juice</p> <p><b>C. Baked Fish</b></p>

Tuesday 23	Wednesday 24	Friday 26
<p data-bbox="323 139 737 313"><b>A. Herbed Chicken w/ Gravy</b> Baked Sweet Potatoes &amp; Apples Spinach Dinner Roll Brownie</p> <p data-bbox="432 371 625 402"><b>B. Baked Fish</b></p>	<p data-bbox="911 139 1285 285"><b>A. Beef Lasagna w/ Tomato Sauce</b> Italian Vegetables Rye Bread Ice Cream w/ Strawberries</p> <p data-bbox="1001 402 1194 433"><b>B. Baked Fish</b></p>	<p data-bbox="1442 139 1782 313"><b>A. Tuna Salad Sandwich</b> Hardy Bean Soup Pickled Beets Salad Apple Juice Wheat Bread Brownie</p> <p data-bbox="1535 371 1690 402"><b>C. Chicken</b></p>
Tuesday 30	Wednesday 31	
<p data-bbox="350 566 709 716"><b>A. Roast Turkey w/ Gravy</b> Mashed Potatoes Carrots Wheat Bread Applesauce</p> <p data-bbox="432 740 625 771"><b>B. Baked Fish</b></p>	<p data-bbox="890 596 1308 802"><b>A. Hot Open Faced Roast Beef Sandwich</b> Mashed Potatoes Carrots Cranberry Juice Wheat Bread Chocolate Pudding</p> <p data-bbox="1001 859 1194 889"><b>B. Baked Fish</b></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.** 10/1/2018*