



# SEPTEMBER 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>1</b>
		<b>Cheese Burger on wheat Bun</b> Lettuce, tomato Three Bean Salad Apple Juice Blueberry Crisp
<b>5</b>	<b>6</b>	<b>8</b>
<b>Turkey w/Gravy</b> Mashed Potatoes Peas & Carrots Wheat Stuffing Birthday Cake	<b>Pot Roast w/Gravy</b> Mashed Potatoes Spinach Wheat Bread Blueberry Crisp	<b>Pepper Steak</b> (Onions & Peppers) Summer Squash Rice Wheat Bread Lemon Cake
<b>12</b>	<b>13</b>	<b>15</b>
<b>Ham &amp; Bean Casserole</b> Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	<b>Spanish Rice w/Beef &amp; Beans</b> Romaine, Radish, Cucumber Salad French Dressing Corn Bread Strawberries w/Whipped Cream	<b>Chef Salad w/Ham &amp; Swiss,</b> <b>Hard Boiled Egg</b> Salad Dressing Blended Fruit Punch Wheat Bread Lemon Cake
<b>19</b>	<b>20</b>	<b>22</b>
<b>Roast Pork w/Gravy</b> Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	<b>BBQ Chicken Thighs</b> Potato salad Spinach Dinner roll Vanilla pudding Tart	<b>Lemon Garlic Baked Fish</b> Baked Sweet Potato Spinach Dinner roll Fresh Melon Cup
<b>26</b>	<b>27</b>	<b>29</b>
<b>Chicken Cacciatore</b> Rice Broccoli Wheat Bread Pears	<b>Loaded Mac &amp; Cheese</b> (Chopped Chicken & Bacon Crumbles) Broccoli Apple Juice Wheat Bread Blueberry Tart w/Whip Topping	<b>BLT Bow Tie Pasta Salad</b> w/Chicken Cucumber radish Salad Wheat Bread Pineapple Juice Oatmeal Cookies