

SEPTEMBER 2018

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>
4	5	7
A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Stuffing Wheat Bread <i>Birthday CAke</i> B. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread C. Baked Fish	Roast Beef w/ Gravy Mashed Potatoes Carrots Wheat Bread Blueberry Crisp C. Baked Fish	A. Roasted Pork Loin w/Gravy Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce B. Baked Fish
11	12	14
A. Oregano Lemon Chicken California Blend Garlic Rosemary Roasted Potatoes <i>Cranberry Juice</i> Rye Bread <i>Applesauce Cake</i> B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers Wheat Pita Watermelon C. Baked Fish	Ziti w/ Meatballs Dinner Salad Italian Dressing Wheat Bread Sugar Cookie C. Baked Fish	A. Beef Stroganoff Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie C. Baked fish
18	19	21

<p>A. Roasted Pork w/ Gravy Mashed Potatoes Carrots Stuffing Wheat Bread Applesauce Cake</p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Baked Fish</p>	<p>Loaded Mac & Cheese Broccoli Apple Juice Wheat Bread Strawberries w/ Whipped Topping</p> <p>C. Baked Fish</p>	<p>A. BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie</p> <p>B. Egg Salad Sandwich Pickled Beets Apple Juice</p> <p>C. Baked Fish</p>
<p>25</p>	<p>26</p>	<p>28</p>
<p>Baked Chicken w/ Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake</p> <p>C. Baked Fish</p>	<p>BBQ Pulled Pork on Wheat Bun Coleslaw Three Bean Salad Vanilla Ice Cream w/ Apple Slices</p> <p>B. Turkey & Swiss Cheese Wrap/ W Ceasar Dressing Carrot raisin Salad V8 Juice Wheat Wrap Pears</p> <p>C. Baked Fish</p>	<p>Potato Crunch Fish Mashed Potatoes Peas & Carrots Rye Bread Peaches</p> <p>C. Baked Chicken</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. 9/6/2018***