

AUGUST 2018

St. Vincent Dining
1360 Helderberg Trail, Berne
Lunch 12:00 PM

For reservations call Karen Stark at 518-937-5963 by 10:00 am the day before the meal.

Monday	Wednesday	Thursday
	1	2
	A. Ham & Bean Casserole Spinach Corn Bread <i>Birthday Cake</i> C. Baked Fish	A. Baked Ziti w/ Cheese Dinner Salad Dinner Roll Peaches & Cream B. Seafood Salad Sandwich Dinner Salad Macaroni Salad Hot Dog Bun Fresh Melon C. Baked Fish
6	8	9
A. BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie B. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Wheat Bread Chocolate Pudding C. Baked Fish	A. Chicken Cacciatore Broccoli Rice Dinner Roll Pineapple B. Baked Fish	A. Beef Tips w/ Brown Gravy Egg Noodles Parsley Carrots <i>Fruit Juice</i> <i>Wheat Bread</i> <i>Rice Pudding</i> B. Turkey Sandwich Potato Salad C. Baked Fish
13	15	16
A. American Goulash Dinner Salad Pasta <i>Whole wheat bread</i> <i>Mandarin Oranges</i> B. Chef Salad w/ Munster, Turkey, Boiled Egg C. Baked Fish	A. Cheese Burger Roasted Potatoes Broccoli Hamburger Bun Pears B. Turkey and Cheese Wrap Carrot & Raisin Salad V-8 Juice Pears C. Baked Fish	A. Turkey Tetrizzini w/ Peas Spaghetti Brussels' Sprouts Orange Juice <i>Wheat Bread</i> <i>Applesauce Cake</i> B. Cottage Cheese w/ Boiled Egg, and Peaches Pickled Beet Salad C. Baked Fish

20	22	23
<p>A. Baked Fish w/ Tomato Salsa Rice Pilaf California Blend Apple Juice <i>Wheat Bread</i> <i>Lemon Pudding</i></p> <p>B. Tuna Salad Sandwich Spinach Salad w/ Tomato & Carrots</p> <p>C. Baked Chicken</p>	<p>A. Chicken w/ Honey Mustard Sauce Mashed Sweet Potato Green Beans Dinner Roll Apricots</p> <p>B. Baked Fish</p>	<p>A. Barbeque Pulled Pork Oven Roasted Potatoes <i>Coleslaw</i> <i>Wheat Bun</i> <i>Oatmeal Raisin Cookie</i></p> <p>B. chicken Waldorf Salad w/ Apples, Grapes, Walnuts On A Bed Of Lettuce</p> <p>C. Baked Fish</p>
27	29	30
<p>A. Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables <i>Whole Wheat Bread</i> <i>Tapioca Pudding</i></p> <p>B. Ham Salad Sandwich w/ Lettuce & Tomato Carrot Raisin Salad Italian Bread Orange Juice</p> <p>C. Baked Fish</p>	<p>A. Beef & Broccoli Rice Carrots Dinner Roll Blueberries & Whipped Topping</p> <p>C. Baked Fish</p>	<p>A. Hungarian Goulash Egg Noodles Spinach Dinner Roll <i>Melon in Season</i></p> <p>B. Pita Sandwich w/ Chicken, Hummus, and vegetables Broccoli Salad Pita 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 1% milk. Some items may be subject to last minute substitutions.

8/2/2018