



Offering Choice, Independence
and Dignity

NOVEMBER 2018

St. Vincent Dining

475 Yates Street, Albany, NY

**Lunch 12:00 PM · For reservations call 518 482-8916 by
1:30 pm the day before the meal.**

Monday	Wednesday	Thursday 1
		<p>A. Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears w/ Vanilla Ice Cream</i></p> <p>B. Tuna Salad Sandwich w/ Lettuce and Tomato Potato Soup Grape Juice Whole Wheat Bread</p> <p style="text-align: center;">C. Baked Fish</p>
Monday 5	Wednesday 7	Thursday 8
<p>A. Mac & Cheese Stewed Tomatoes <i>Whole Wheat Bread</i> <i>Peaches & Sugar Cookie</i></p> <p>B. BLT Chicken Bowtie Pasta Salad V-8 Juice</p> <p style="text-align: center;">C. Baked Fish</p>	<p>A. Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread Pound Cake w/ Mixed Berries</p> <p style="text-align: center;">B. Baked Fish</p>	<p>A. Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread <i>Pumpkin Pudding</i></p> <p>B. Seafood Salad in a Pita w/ Lettuce and Tomato Dinner Salad w/ Italian Dressing Apple Juice</p> <p style="text-align: center;">C. Baked Fish</p>
Monday 12	Wednesday 14	Thursday 15
<p>A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i></p> <p>B. Chicken Salad Sandwich w/ Lettuce and Tomato Pickled Beets Fresh Fruit Cup Whole Wheat Bread</p>	<p>A. Honey Mustard Chicken Over Rice Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail</p> <p style="text-align: center;">B. Baked Fish</p>	<p>A. Beef Stew Dinner Salad Dinner Roll <i>Lemon Pudding</i></p> <p>B. Turkey Sandwich w/ Lettuce and Tomato Orange Pineapple Juice Carrot & Raisin Salad Whole Wheat Bread</p>

C. Chicken		C. Baked Fish
Monday 19	Wednesday 21	Thursday 22
A. Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll <i>Vanilla Pudding</i> B. Meatball Sub Salad w/Dressing Whole Wheat Hotdog Bun C. Baked Fish	A. Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll <i>Pineapple Chunks</i> B. Turkey and Swiss Cheese Wrap w/ Tomato Caesar Dressing Minestrone Soup C. Baked Fish	Closed
Monday 26	Wednesday 28	Thursday 29
A. Cheeseburger w/ Lettuce & Tomato Seasoned Oven Roasted Potatoes Brussel Sprouts <i>Whole Wheat Bun</i> <i>Blueberry Tart</i> B. Tuna Salad Sandwich w/ Lettuce and Tomato Marinated Tomato & Cucumber Salad Apple Juice C. Baked Fish	A. Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp B. Baked Fish	A. Turkey Tetrazzini Over Spaghetti Beets Dinner Roll <i>Mandarin Oranges</i> B. Chicken Fajita Peppers and Onions w/ Salsa and Sour Cream Black Beans Whole Wheat Wrap C. Baked Fish

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.

11/2/2018