



Offering Choice, Independence  
and Dignity

## OCTOBER 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 1	Wednesday 3	Thursday 4
<p><b>A. Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i></p> <p><b>B. Chicken Salad Sandwich w/ Lettuce and Tomato</b> Pickled Beets Fresh Fruit Cup Whole Wheat Bread</p> <p><b>C. Chicken</b></p>	<p><b>A. Honey Mustard Chicken Over Rice</b> Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Beef Stew</b> Dinner Salad Dinner Roll <i>Lemon Pudding</i></p> <p><b>B. Turkey Sandwich w/ Lettuce and Tomato</b> Orange Pineapple Juice Carrot &amp; Raisin Salad Wheat Bread</p> <p><b>C. Baked Fish</b></p>
Monday 8	Wednesday 10	Thursday 11
<p><b>A. Knockwurst</b> Cabbage and Onion Stir Fry German Potato Salad Fruit Punch Rye Bread Applesauce Cake</p> <p><b>B. Meatball Sub</b> Salad w/Dressing Wheat Hot Dog Bun</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll <i>Pineapple Chunks</i></p> <p><b>B. Turkey and Swiss Cheese Wrap w/ Tomato</b> Caesar Dressing Minestrone Soup Wheat Wrap</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Sheppard's Pie</b> Brussel Sprouts Dinner Roll <i>Fruit Cocktail</i></p> <p><b>B. Cottage Cheese Egg and Peaches on a bed of Lettuce</b> Three Bean Salad</p> <p><b>C. Baked Fish</b></p>

Monday 15	Wednesday 17	Thursday 18
<p><b>A. Cheeseburger w/ Swiss Cheese Lettuce &amp; Tomato</b> Seasoned Oven Roasted Potatoes Brussel Sprouts Whole Wheat Bun <i>Blueberry Tart</i></p> <p><b>B. Tuna Salad Sandwich w/ Lettuce and Tomato</b> Marinated Tomato &amp; Cucumbe Salad</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Turkey Tetrazzini Over Spaghetti</b> Beets Dinner Roll <i>Mandarin Oranges</i></p> <p><b>B. Chicken Fajita w/ Salsa and Sour Cream</b> Black Beans Peppers and Onions Wheat Wrap</p> <p><b>C. Baked Fish</b></p>
Monday 22	Wednesday 24	Thursday 25
<p><b>A. Spaghetti w/Meat Sauce</b> Dinner Salad Dinner Roll <i>Tapioca Pudding</i></p> <p><b>B. Ham Salad Sandwich w/ Lettuce and Tomato</b> Orange Juice Coleslaw w/ Carrots Rye Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Spanish Rice</b> Carrots Corn Bread Pound Cake w/ Blueberries</p> <p><b>C. Baked Fish</b></p>	<p><b>A. BBQ Pulled Pork</b> Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun <i>Applesauce w/ Cinnamon</i></p> <p><b>B. Chicken Pita Sandwich w/ Hummus and Roasted Veggies.</b> Potato Salad w/ Carrots Whole Wheat Pita</p> <p><b>C. Baked Fish</b></p>
Monday 29	Wednesday 31	
<p><b>Chicken Chow Mein Spaghetti</b> Asian Veg. <i>Whole Wheat Bread</i> <i>Strawberries w/ Whipped Topping</i></p> <p><b>B. Turkey Bacon Lettuce and Tomato Sandwich</b> Three Bean Salad</p> <p><b>C. Baked Fish</b></p>	<p><b>Sweet &amp; Sour Pork Over Rice</b> Broccoli Dinner Roll Pineapple Chunks</p> <p><b>C. Baked Fish</b></p>	

*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.***

**10/1/2018**