

February 2018
Watervliet Senior Citizens Center Dining
1501 Broadway, Watervliet, NY

Lunch 12:00 PM · For reservations call 518-273-6480 by 2:00 pm the day before the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Roast Beef w/Gravy Mashed Potatoes Broccoli Wheat Bread Pumpkin Pudding	Lasagna Roll-Up w/Marinara Sauce Dinner Salad Italian Bread Baked Pears w/ Ice Cream
5	6	7	8	9
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	Meatloaf w/Tomato Gravy Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	Honey Mustard Chicken Seasoned Zucchini & Tomatoes Rice Orange Juice Dinner Roll Tapioca Pudding	Beef Stew Dinner Salad Wheat Bread Fruit Cocktail	Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie
12	13	14	15	16
Chicken w/Peach Sauce Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	Chili Con Carne Spinach Corn Bread Apple Crisp	Roast Pork w/Gravy Mashed potatoes Broccoli Wheat Bread Pineapple Chunks	Sheppard's Pie Brussels' Sprouts Dinner Roll Citrus Ambrosia	Grilled Munster Cheese on Wheat Tomato Soup Coleslaw Apple Juice Brownie
19	20	21	22	23
Closed	Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	Eggplant Parmesan w/ Sauce & Cheese Italian Vegetables Dinner salad Dinner Roll Italian Ice	Turkey Tetrizzini (Peas & Pasta) Beets Dinner Roll Mandarin Oranges	Baked Ziti Tomato Sauce Italian Blended Vegetables Italian Bread Chocolate Pudding
26	27	28		
Spanish Rice Tomatoes & Beans Carrots Corn Bread Brownie	Herbed Chicken w/Gravy Roasted Sweet Potatoes with apples Broccoli Dinner Roll Tapioca Pudding	Spaghetti w/Meat Sauce Dinner Salad Italian Wheat Bread Pound Cake w/Blueberries		

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. 2/2/2018