

**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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>CLOSED</b> New Year's	<b>Chili Con Carne</b> Spinach Corn Bread Apple Crisp	<b>Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Prince Edward Island Blended Vegetables Wheat Bread Pineapple Chunks	<b>Sheppard's Pie</b> Brussel Sprouts Dinner Roll Ambrosia	<b>Grilled Munster Cheese on Wheat</b> Tomato Soup Coleslaw Apple Juice Brownie
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Cheesburger w/Swiss Cheese</b> Seasoned Oven Roasted Potatoes Brussels Sprouts Hamburger Bun Blueberry Tart	<b>Chicken w/Gravy</b> Mashed Potatoes Broccoli Apple Juice Wheat Bread Chocolate Pudding	<b>Salisbury Steak w/Mushroom Gravy</b> Mashed Potatoes Carrots Grape Juice Wheat Bread Cherry Crisp	<b>Turkey Tetrazzini</b> Beets Dinner Roll Mandarin Oranges	<b>Baked Ziti</b> Italian Blend Vegetables Italian Bread Chocolate Pudding
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>CLOSED</b> MLK Jr. Day	<b>Herbed Chicken w/Gravy</b> Baked Sweet Potatoes & Apples Broccoli Wheat Bread Tapioca Pudding	<b>Spaghetti w/Meat Sauce</b> Dinner Salad Italian Bread Pound Cake w/Blueberries	<b>BBQ Pulled Pork Sandwich</b> Coleslaw Roasted Red Potatoes Applesauce w/Cinnamon	<b>Tuna Salad on Wheat</b> Hearty Bean Soup Pickled Beet Salad Apple Juice Brownie
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Chicken &amp; Rice</b> Peas & Carrots Grape Juice Wheat Bread Chocolate Chip Cookie	<b>Roast Turkey w/ Gravy</b> Mashed Sweet Potatoes Stuffing Carrots Applesauce	<b>Sweet and Sour Pork</b> Over Rice Asian Vegetables Diner Roll Pineapple Chunks	<b>Meatloaf w/Mushroom Gravy</b> Mashed Potatoes Green Beans Corn Bread Pears w/ Ice Cream	<b>Potato Crunch Fish</b> Spianch Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake
<b>29</b>	<b>30</b>	<b>31</b>		
<b>Chicken Ala King</b> Over Egg Noodles Wheat Bread Strawberries w/ Whipped Topping	<b>Port Roast w/Gravy</b> Roasted Red Potatoes Carrots Diner Roll Warm Sliced Apples w/ Whipped Topping	<b>Chicken Teriyaki</b> Asian Vegetables Rice Wheat Bread Pound Cake Mixed Berries		

*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. 1/3/2018*