

July 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
2	3	4	5	6
<p>A. American Goulosh Dinner Salad Pasta Whole wheat bread Mandarin Oranges</p> <p>B. Chef Salad Munster Cheese turkey Hard Boiled Egg</p> <p>C. Baked Fish</p>	<p>A. Hot Dog Baked Beans Cole Slaw Hot Dog Bun Watermelon <i>Vanilla Ice Cream Cup</i></p> <p>B. Baked Fish</p>	<p>Closed</p> <p>Independence Day</p>	<p>A. Turkey Tetrazzini Brussels' Sprouts Orange Juice <i>Wheat Bread</i> <i>Applesauce Cake</i></p> <p>B. Cottage Cheese & Hard Boiled Egg Peaches Pickled Beet Salad</p> <p>A. Baked fish</p>	<p>BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie</p> <p>B. Baked Fish</p>
9	10	11	12	13
<p>A. Fish w/ Tomato Salsa Rice Pilaf California Blended Veg. <i>Wheat Bread</i> <i>Apple Juice</i> <i>Lemon Pudding</i></p> <p>B. Tuna Salad Sandwich on Wheat Spinach Salad</p> <p>C. Baked Fish</p>	<p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes <i>Dinner Roll</i> <i>Pineapple</i></p> <p>B. Chicken Salad Plate on Bed of Romaine Marinated Tomato & Cucumber Salad</p> <p>C. Baked Fish</p>	<p>A. BBQ Chicken California Blend Vegetables Oven Roasted Sweet Potatoes Cranberry Juice <i>Dinner Roll</i> <i>Birthday Cake</i></p> <p>C. 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 with Apples, Grapes and Walnuts</p> <p>C Baked Fish</p>	<p>A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p> <p>B. Baked Fish</p>
16	17	18	19	20

<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 Orange Juice Italian Bread</p> <p>C. Baked Fish</p>	<p>A. Oregano Lemon Chicken Garlic Rosemary Roasted Potatoes Cali Blend Veggies <i>Cranberry Juice</i> Rye Bread <i>Applesauce Cake</i></p> <p>B. Chicken Taco w/ Lettuce Cheese & Salsa Mexican Coleslaw</p> <p>C. Baked Fish</p>	<p>Beef & Broccoli Rice Carrots Dinner Roll Blueberries & Whipped Topping</p> <p>B. 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</p> <p>C. Baked Fish</p>	<p>Peach Glazed Chicken Mashed Sweet Potatoes Sautéed Summer Squash Rye Bread Brownie</p> <p>B. Baked Fish</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>A. Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll <i>Chocolate Pudding</i></p> <p>B. Turkey Bacon BLT Three Bean Salad Apple Juice Wheat Bread</p> <p>B. Chicken</p>	<p>A. Turkey w/ Gravy Mashed Potatoes Wheat Stuffing Peas & Carrots <i>Applesauce Cake</i></p> <p>B. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p> <p>C. Baked Fish</p>	<p>A. Chicken Parmesan w/ Cheese Pasta Dinner Salad Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Pepper Steak & Onions Egg Noodles Beets Wheat Bread <i>Lemon Cake</i></p> <p>B. Tuna Salad Sandwich Carrot Raisin Salad Grape Juice</p> <p>C. Baked Fish</p>	<p>A. Roasted Pork Loin w/Gravy Scalloped Potatoes Carrots Rye Bread Cinnamon <i>Applesauce</i></p> <p>B. Baked Fish</p>
<p>30</p>	<p>31</p>			
<p>A. Chicken primavera Pasta Wheat Bread Tropical Fruit Salad</p> <p>B. BLT Bowtie Pasta Salad w/ chicken V8 Juice</p> <p>C. Baked Fish</p>	<p>A. Sloppy Joe Roasted Red Potatoes Sautéed Summer Squash Hamburger Bun <i>Watermelon</i></p> <p>B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers</p> <p>C. Baked Fish</p>			