

June 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
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				A. Meatloaf w/ Mushroom Gravy Mashed Potatoes Broccoli <i>Wheat Bread</i> <i>Applesauce</i> B. Ham & Swiss Cheese Sandwich w/ Lettuce & Tomato Carrot Raisin Salad C. Fish
4	5	6	7	8
A. Lasagna Roll- Ups w/ Marinara Sauce Italian Blend Vegetables <i>Wheat Bread</i> <i>Tapioca Pudding</i> B. Ham Salad Sandwich w/ Lettuce & Tomato Carrot Raisin Salad Italian Bread Orange Juice C. Fish	A. Oregano Lemon Chicken Roasted Potatoes California Blend Garlic Rosemary <i>Berry Juice</i> Rye Bread <i>Applesauce Cake</i> B. Chicken Taco w/ Lettuce Cheese & Salsa Mexican Coleslaw C. Fish	Beef & Broccoli Rice Carrots Dinner Roll Blueberries & Whipped Topping C. Fish	A. Hungarian Goulash Spinach Dinner Roll <i>Melon in Season</i> B. Pita Sandwich w/ Chicken, Hummus, and vegetables Broccoli Salad Pita Bread C. Fish	Peach Glazed Chicken Mashed Sweet Potatoes Sautéed Summer Squash Rye Bread Brownie C. Fish
11	12	13	14	15
A. Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll <i>Chocolate Pudding</i> B. Turkey Bacon BLT Three Bean Salad Apple Juice Wheat Bread C. Chicken	A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing <i>Applesauce Cake</i> B. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread C. Fish	Chicken Parmesan Dinner Salad Pasta Wheat Bread Strawberries w/ Whipped Topping C. Fish	A. Eggplant Parmesan/ w Cheese Dinner Salad Tropical Fruit Salad <i>Wheat Bread</i> Lemon Italian Ice B. Tuna Salad Sandwich Carrot Raisin Salad Grape Juice Lemon Cake C. Fish	A. Chef Salad Plate with Muenster Cheese, and Boiled Egg Peaches Dinner Roll Chocolate Chip Cookie C. Fish

18	19	20	21	22
<p>A. Honey Mustard Chicken Oven Roasted Sweet Potatoes California Blend Wheat Bread Brownie w/ Ice Cream</p> <p>B. BLT Pasta Salad V-8 juice Tropical Fruit Salad</p> <p>C. Fish</p>	<p>A. Sloppy Joe Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun Watermelon</p> <p>B. B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers</p> <p>C. Fish</p>	<p>Ham & Bean Casserole Spinach Corn Bread Blueberries w/ Vanilla Yogurt Parfait</p> <p>C. Fish</p>	<p>A. Baked Ziti w/ Cheese Dinner Salad Dinner Roll Peaches & Cream</p> <p>B. Seafood Salad Sandwich Dinner Salad Macaroni Salad Hot Dog Bun Fresh Melon</p> <p>C. Fish</p>	<p>Beef Stroganoff Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie</p> <p>C. Fish</p>
25	26	27	28	29
<p>A. BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie</p> <p>B. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Chocolate Pudding</p> <p>C. Fish</p>	<p>A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Wheat Bread Applesauce</p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Fish</p>	<p>Chicken Cacciatore Broccoli Rice Dinner Roll Pineapple</p> <p>C. Fish</p>	<p>A. Beef Tips w/ Brown Gravy Egg Noodles Parsley Carrots Fruit Juice Wheat Bread Rice Pudding</p> <p>B. Turkey Sandwich Potato Salad</p> <p>C. Fish</p>	<p>A. Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash Dinner Roll Brownie</p> <p>B. Egg Salad Sandwich Pickled Beets Apple Juice</p> <p>C. Chicken</p>

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. 6/1/2018