

March 2018

Watervliet Senior Citizens Center Dining

1501 Broadway, Watervliet, NY

2:00 PM · For reservations call 518-273-4422 by 2:00 pm the day before the meal

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<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
5	6	7	8	9
<b>Chicken &amp; Rice</b> Peas & Carrots Grape Juice Wheat Bread Chocolate Chip Cookie	<b>Roast Turkey w/ Gravy</b> Whipped Sweet Potatoes Stuffing Carrots Applesauce	<b>Sweet and Sour Pork</b> Over Rice Asian Vegetables Dinner Roll Pineapple Chunks	<b>Meatloaf w/Mushroom Gravy</b> Mashed Potatoes Green Beans Corn Bread Pears w/Vanilla Ice Cream	<b>Potato Crunch Fish</b> Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake
12	13	14	15	16
<b>Chicken Ala King</b> Over Egg Noodles Peas Wheat Bread Strawberries w/ Whipped Topping	<b>Pork Roast w/Gravy</b> Roasted Red Potatoes Carrots Dinner Roll Warm Sliced Apples w/ Whipped Topping	<b>Chicken Teriyaki</b> Asian Vegetables Rice Wheat Bread Pound Cake Mixed Berries	<b>Roast Beef w/Gravy</b> Mashed Potatoes Broccoli Wheat Bread Pumpkin Pudding	<b>Lasagna Roll-Up w/Marinara Sauce</b> Dinner Salad Italian Bread Baked Pears w/ Ice Cream
19	20	21	22	23
<b>Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	<b>Meatloaf w/Tomato Gravy</b> Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	<b>Honey mustard Chicken</b> Seasoned Zucchini and Tomatoes Rice Orange Juice Tapioca Pudding	<b>Beef Stew</b> Dinner Salad Wheat Bread Fruit Cocktail	<b>Mac &amp; Cheese</b> Stewed Tomatoes Wheat Bread Grape Juice Brownie
26	27	28	29	30
<b>Chicken w/Peach Sauce</b> Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	<b>Chili Con Carne</b> Spinach Corn Bread Apple Crisp	<b>Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Blended Vegetables Wheat Bread Pineapple Chunks	<b>Sheppard's Pie</b> Brussels' Sprouts Dinner Roll Citrus Ambrosia	<b>Grilled Munster Cheese on Wheat</b> Tomato Soup Coleslaw Apple Juice Brownie

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. 3/1/2018