


November 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
			<p>A. Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears w/ Vanilla Ice Cream</i></p> <p>B. Tuna Salad Sandwich w/ Lettuce and Tomato Potato Soup Grape Juice Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting</p> <p>C. Chicken</p>
5	6	7	8	9
<p>A. Mac & Cheese Stewed Tomatoes <i>Whole Wheat Bread</i> <i>Peaches & Sugar Cookie</i></p> <p>B. BLT Chicken Bowtie Pasta Salad V-8 Juice</p> <p>C. Baked Fish</p>	<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots <i>Dinner Roll</i> <i>Sliced Apples w/ Cinnamon and Whipped Topping</i></p> <p>B. Chicken Curry Salad on Bed of Lettuce Pasta Broccoli Salad</p> <p>C. Baked Fish</p>	<p>A. Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread Birthday Cake</p> <p>B. Baked Fish</p>	<p>A. Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread <i>Pumpkin Pudding</i></p> <p>B. Seafood Salad in a Pita w/ Lettuce and Tomato Dinner Salad w/ Italian Dressing Apple Juice</p> <p>C. Baked Fish</p>	<p>A. 2 Lasagna Roll-up Spinach and Mandarin Salad Whole Wheat Bread Cherry Crisp</p> <p>B. Baked Fish</p>
12	13	14	15	16
<p>A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i></p> <p>B. Chicken Salad Sandwich w/ Lettuce and Tomato Pickled Beets Fresh Fruit Cup Whole Wheat Bread</p> <p>C. Chicken</p>	<p>A. Meatloaf w/ Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower <i>Whole Wheat Bread</i> <i>Pound Cake w/ Strawberries and Whip Topping</i></p> <p>B. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing</p> <p>C. Baked Fish</p>	<p>A. Roasted Turkey With Gravy Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Whole Wheat Stuffing Pumpkin Pie</p> <p>C. Baked Fish</p>	<p>A. Beef Stew Dinner Salad Dinner Roll <i>Lemon Pudding</i></p> <p>B. Turkey Sandwich w/ Lettuce and Tomato Orange Pineapple Juice Carrot & Raisin Salad Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. Mac & Cheese Stewed Tomatoes <i>Pineapple/ Orange Juice</i> <i>Whole Wheat Bread</i> <i>Brownie</i></p> <p>B. Egg Salad Sandwich w/ Lettuce and Tomato Butternut Squash Soup</p> <p>C. Baked Fish</p>

19	20	21	22	23
<p>A. Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll <i>Vanilla Pudding</i></p> <p>B. Meatball Sub Salad w/Dressing Whole Wheat Hotdog Bun</p> <p>C. Baked Fish</p>	<p>A. Chili Con Carne Spinach Corn Bread Apple Crisp</p> <p>B. Baked Fish</p>	<p>A. Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll <i>Pineapple Chunks</i></p> <p>B. Turkey and Swiss Cheese Wrap w/ Tomato Caesar Dressing Minestrone Soup Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<p>CLOSED Happy Thanksgiving</p> 	<p>CLOSED</p>
26	27	28	29	30
<p>A. Cheeseburger w/ Lettuce & Tomato Seasoned Oven Roasted Potatoes Brussel Sprouts <i>Whole Wheat Bun</i> <i>Blueberry Tart</i></p> <p>B. Tuna Salad Sandwich w/ Lettuce and Tomato Marinated Tomato & Cucumber Salad Apple Juice</p> <p>C. Baked Fish</p>	<p>A. Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes <i>Grape Juice</i> Rice <i>Rye Bread</i> <i>Applesauce Cake</i></p> <p>B. Chicken Salad Sandwich w/ lettuce and Tomato Spinach Salad w/ Dressing</p> <p>C. Chicken</p>	<p>A. Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp</p> <p>B. Baked Fish</p>	<p>A. Turkey Tetrazzini Over Spaghetti Beets Dinner Roll <i>Mandarin Oranges</i></p> <p>B. Chicken Fajita Peppers and Onions w/ Salsa and Sour Cream Black Beans Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Baked Ziti Italian Blended Veg. Dinner Roll <i>Chocolate Pudding</i></p> <p>B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato Tomato Soup Pineapple Orange Juice Whole Wheat Bread</p> <p>C. Baked Fish</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. 11/2/2018