

October 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	3	4	5
<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 Roasted Potatoes Cauliflower <i>Whole Wheat Bread</i> <i>Pound Cake w/ Strawberries/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. Honey Mustard Chicken Over Rice Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail</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>
8	9	10	11	12
<p>A. Knockwurst Cabbage and Onion Stir Fry German Potato Salad Fruit Punch Rye Bread Applesauce Cake</p> <p>B. Meatball Sub Dinner Salad w/Dressing Wheat Hot Dog Bun</p> <p>C. Baked Fish</p>	<p>A. Chili Con Carne Spinach Corn Bread Apple Crisp</p> <p>C. Baked Fish</p>	<p>A. Roast Pork w/Gravy 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 Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Sheppard's Pie Brussel Sprouts <i>Dinner Roll</i> <i>Fruit Cocktail</i></p> <p>B. Cottage Cheese Egg and Peaches Platter Bed of Lettuce Three Bean Salad</p> <p>C. Baked Fish</p>	<p>A. Grilled Munster Cheese Sandwich Tomato Soup Coleslaw w/ Carrots Apple Juice Wheat Bread Brownie</p> <p>C. Baked Fish</p>
15	16	17	18	19
<p>A. Cheeseburger w/ Swiss Cheese Lettuce & Tomato Roasted Potatoes Brussel Sprouts Whole Wheat Bun <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>C. Baked Fish</p>	<p>A. Turkey Tetrazzini Over Spaghetti Beets Dinner Roll <i>Mandarin Oranges</i></p> <p>B. Chicken Fajita w/ Salsa and Sour Cream Peppers and Onions Black Beans 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 Wheat Bread</p> <p>C. Baked Fish</p>

22	23	24	25	26
<p>A. Spaghetti w/Meat Sauce Italian Blended Veg. Dinner Roll <i>Tapioca Pudding</i></p> <p>B. Ham Salad Sandwich w/ Lettuce and Tomato Orange Juice Coleslaw w/Carrots Rye Bread</p> <p>C. Baked Fish</p>	<p>A. Herbed Chicken w/ Gravy Baked Sweet Potatoes Apples Spinach Dinner Roll <i>Brownie</i></p> <p>B. 2 Beef Tacos w/ Salsa and Sour Cream Spinach Salad w/ Tomato and Carrots Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Spanish Rice Carrots Corn Bread Pound Cake w/ Blueberries</p> <p>C. Baked Fish</p>	<p>A. BBQ Pulled Pork Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun <i>Applesauce w/ Cinnamon</i></p> <p>B. Chicken Pita Sandwich w/ Hummus and Roasted Veggies. Potato Salad w/ Carrots Wheat Pita</p> <p>C. Baked Fish</p>	<p>A. Tuna Salad Sandwich Hardy Bean Soup Pickled Beets Salad Apple Juice Wheat Bread Brownie</p> <p>C. Chicken</p>
29	30	31		
<p>A. Chicken Chow Mein Spaghetti Asian Veg. Whole Wheat Bread <i>Strawberries w/ Whipped Topping</i></p> <p>B. Turkey Bacon Lettuce and Tomato Sandwich Three Bean Salad</p> <p>C. Baked Fish</p>	<p>A. Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing <i>Applesauce</i></p> <p>B. Roast Beef Sandwich w/ Lettuce and Tomato Cream of Broccoli Soup Rye Bread</p> <p>C. Baked Fish</p>	<p>A. Chicken Gravy and Biscuit Mashed Potatoes Peas and Carrots Blueberry Tart w/ Whipped Topping</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. 10/1/2018