

**September 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
3	4	5	6	7
<p><b>Labor Day Holiday</b></p>	<p><b>A. Turkey w/ Gravy</b> Mashed Potatoes Peas &amp; Carrots Wheat Stuffing <i>Applesauce Cake</i></p> <p><b>B. Roast Beef Sandwich</b> Lettuce &amp; Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p> <p><b>C. Fish</b></p>	<p><b>Chicken Parmesan</b> Dinner Salad Pasta Wheat Bread Strawberries w/ Whipped Topping</p> <p><b>C. Fish</b></p>	<p><b>A. Pepper Steak &amp; Onions</b> Egg Noodles Beets Wheat Bread <i>Lemon Cake</i></p> <p><b>B. Tuna Salad Sandwich</b> Carrot Raisin Salad Grape Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Roasted Pork Loin w/Gravy</b> Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce</p> <p><b>B. Baked Fish</b></p>
	<p><b>10</b></p> <p><b>A. Chicken primavera</b> Pasta Wheat Bread Tropical Fruit Salad</p> <p><b>B. BLT Bowtie Pasta Salad</b> w/ chicken V8 Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>11</b></p> <p><b>A. Sloppy Joe</b> Roasted Red Potatoes Sautéed Summer Squash Hamburger Bun <i>Watermelon</i></p> <p><b>B. Pita Sandwich w/ Chicken, Hummus, and vegetables</b> Sliced Cucumbers</p> <p><b>C. Baked Fish</b></p>	<p><b>12</b></p> <p><b>Spiral Ham w/ Crushed Pineapple</b> Whipped Sweet Potatoes Green Beans Wheat Roll <i>Applesauce Cake</i></p> <p><b>C. Baked Fish</b></p>	<p><b>13</b></p> <p><b>A. Baked Ziti w/ Cheese</b> Dinner Salad Dinner Roll Peaches &amp; Cream</p> <p><b>B. Seafood Salad Sandwich</b> Dinner Salad Macaroni Salad Hot Dog Bun Fresh Melon</p> <p><b>C. Baked Fish</b></p>
<p><b>17</b></p> <p><b>A. BBQ Chicken</b> California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie</p> <p><b>B. Chicken Salad Sandwich on Wheat</b> Carrot Raisin Salad Orange Juice Wheat Bread Chocolate Pudding</p> <p><b>C. Baked Fish</b></p>	<p><b>18</b></p> <p><b>A. Roasted Pork w/ Gravy</b> Mashed Potatoes Green Beans Stuffing <i>Wheat Bread Applesauce</i></p> <p><b>B. Chef Salad w/ Munster, Turkey, Boiled Egg</b></p> <p><b>C. Baked Fish</b></p>	<p><b>19</b></p> <p><b>Chicken Cacciatore</b> Broccoli Rice Dinner Roll Pineapple</p> <p><b>C. Fish</b></p>	<p><b>20</b></p> <p><b>A. Beef Tips w/ Brown Gravy</b> Egg Noodles Parsley Carrots <i>Fruit Juice</i> <i>Wheat Bread</i> <i>Rice Pudding</i></p> <p><b>B. Turkey Sandwich</b> Potato Salad</p> <p><b>C. Fish</b></p>	<p><b>21</b></p> <p><b>A. BLT Bow Tie Pasta Salad w/ Chicken</b> <i>Cucumber Radish Salad</i> <i>Pineapple Juice</i> <i>Wheat Bread</i> <i>Oatmeal Cookie</i></p> <p><b>B. Egg Salad Sandwich</b> Pickled Beets Apple Juice</p> <p><b>C. Baked Fish</b></p>

24	25	26	27	28
<b>A. American Goulash</b> Dinner Salad Pasta <i>Whole wheat bread</i> <i>Mandarin Oranges</i>  <b>B. Chef Salad w/ Munster, Turkey, Boiled Egg</b>  <b>C. Baked Fish</b>	<b>A. Baked Chicken w/ Mushroom Gravy</b> Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake  <b>C. Baked Fish</b>	<b>A. Cheese Burger</b> Roasted Potatoes Broccoli Hamburger Bun Pears  <b>B. Turkey and Cheese Wrap</b> Carrot & Raisin Salad V-8 Juice Pears  <b>C. Baked Fish</b>	<b>A. Turkey Tetrazzini w/ Peas</b> Spaghetti Brussels' Sprouts Orange Juice <i>Wheat Bread</i> <i>Applesauce Cake</i>  <b>B. Cottage Cheese w/ Boiled Egg, and Peaches</b> Pickled Beet Salad  <b>C. Baked Fish</b>	<b>Potato Crunch Fish</b> Mashed Potatoes Peas & Carrots Rye Bread Peaches  <b>C. Baked Chicken</b>

*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. 9/6/2018*