

May 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
	<p>A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing <i>Applesauce Cake</i></p> <p>B. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p> <p>C. Baked Fish</p>	<p>A. Breaded Chicken Parmesan Pasta Dinner Salad Wheat Bread Strawberries w/ Whipped Topping</p> <p>C. Baked Fish</p>	<p>A. Pepper Steak w/ Onions Beets Egg Noodles Wheat Bread <i>Lemon Cake</i></p> <p>B. Tuna Salad Sandwich Carrot Raisin Salad Grape Juice</p> <p>C. Baked Fish</p>	<p>A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p>
7	8	9	10	11
<p>A. Chicken Primavera Pasta <i>Wheat Bread</i> <i>Tropical Fruit Salad</i></p> <p>B. BLT Pasta Salad V-8 juice</p> <p>C. Baked Fish</p>	<p>A. Sloppy Joe Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun <i>Watermelon</i></p> <p>B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers</p> <p>C. Baked Fish</p>	<p>A. Eggplant Parmesan w/ Cheese Dinner Salad Tropical Fruit Salad Wheat Bread Lemon Italian Ice</p> <p>C. Baked Fish</p>	<p>A. Baked Ziti W/ Cheese <i>Dinner Salad</i> <i>Dinner Roll</i> <i>Peaches & Cream</i></p> <p>B. Seafood Salad Sandwich Dinner Salad Macaroni Salad Hot Dog Bun Fresh Melon</p> <p>C. Baked Fish</p>	<p>Beef Stroganoff Braised Red Cabbage Egg Noodle Wheat Biscuit Applesauce Brownie</p> <p>B. Baked Fish</p>
14	15	16	17	18

<p>A. BBQ Chicken California Blend Oven Roasted Potatoes Dinner Roll Strawberry W/Short Bread</p> <p>B. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Wheat Bread Chocolate Pudding</p> <p>C. Baked Fish</p>	<p>A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing <i>Wheat Bread</i> <i>Applesauce</i></p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Baked Fish</p>	<p>A. Chicken Cacciatore Rice Broccoli Dinner Roll Pineapple</p> <p>C. Baked Fish</p>	<p>A. Beef Tips w/ Brown Gravy Egg Noodles Parsley Carrots <i>Fruit Juice</i> <i>Wheat Bread</i> <i>Rice Pudding</i></p> <p>B. Turkey Sandwich Potato Salad</p> <p>C. Baked Fish</p>	<p>A. Lemon Garlic Baked Fish Mashed sweet Potatoe Sautéed Summer Squash <i>Dinner Roll</i> <i>Brownie</i></p> <p>B. Egg Salad Sandwich Pickled Beets Apple Juice</p> <p>C. Baked Fish</p>
21	22	23	24	25
<p>A. American Goulash Pasta Dinner Salad Elbow Noodles <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Baked Fish</p>	<p>A. Baked Chicken w/ Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake</p> <p>C. Baked Fish</p>	<p>A. Cheese Burger Roasted Potatoes Broccoli Hamburger Bun Pears</p> <p>B. Turkey and Cheese Wrap Carrot & Raisin Salad V-8 Juice Pears</p> <p>C. Baked Fish</p>	<p>A. Turkey Tetrazzini w/ Peas Spaghetti Brussels' Sprouts Orange Juice <i>Wheat Bread</i> <i>Applesauce Cake</i></p> <p>B. Cottage Cheese w/ Boiled Egg, and Peaches Pickled Beet Salad</p> <p>C. Baked Fish</p>	<p>A. Chef Salad Plate with Muenster Cheese, and Boiled Egg Romaine, Tomatoes, Carrots Ranch Dressing Peaches Dinner Roll Chocolate Chip Cookie</p>
28	29	30	31	
Holiday	<p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes <i>Dinner Roll</i> <i>Pineapple</i></p> <p>B. Chicken Salad Plate On A Bed Of Lettuce Marinated Tomato & Cucumber Salad</p> <p>C. Baked Fish</p>	<p>A. Chicken w/ Honey Mustard Sauce Mashed Sweet Potato Green Beans Dinner Roll Apricots</p>	<p>A. Barbeque Pulled Pork Oven Roasted Potatoes <i>Coleslaw</i> <i>Wheat Bun</i> <i>Oatmeal Raisin Cookie</i></p> <p>B. chicken Waldorf Salad w/ Apples, Grapes, Walnuts On A Bed Of Lettuce</p>	

This Congregate Dining Program 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. All Albany County congregare meal programs allow for a suggested contribution of \$3.00.

*Contributions are very much appreciated, and go directly to support and expand the congregate meal program. **Contributions are voluntary, confidential, and purely optional.***

*All seniors are welcome and encouraged to attend our meal programs and no one **with a reservation** will be turned away due to an inability to make a contribution.*

*All meals are served with milk. Some items may be subject to last minute **substitution.***