



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p>A. American Goulash Dinner Salad Pasta <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p>B. Chef Salad with Muenster Cheese, Ham, Egg & Turkey Romaine, Tomatoes, Carrots Ranch Dressing</p> <p>C. Baked Fish</p>	<p>A. Hot Dog Baked Beans Cole Slaw Hot Dog Bun Watermelon <i>Vanilla Ice Cream Cup</i></p> <p>B. Baked Fish</p>	<p>Closed</p> <p>Independence Day</p>	<p>A. Turkey Tetrazzini over Spaghetti Brussels' Sprouts Wheat Bread <i>Orange Juice</i> <i>Applesauce Cake</i></p> <p>B. Cottage Cheese Plate with Peaches and Hard Boiled Egg Pickled Beet Salad</p> <p>C. Baked Fish</p>	<p>BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie</p> <p>C. Baked Fish</p>
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<p>A. Fish w/ Tomato Salsa Rice Pilaf California Blend Vegetables <i>Wheat Bread</i> <i>Apple Juice</i> <i>Lemon Pudding</i></p> <p>B. Tuna Salad Sandwich on Wheat Spinach Salad</p> <p>C. Baked Chicken</p>	<p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes Dinner Roll <i>Pineapple/Chunks</i></p> <p>B. Chicken Salad Sandwich on Wheat Marinated Tomato & Cucumber Salad</p> <p>C. Baked Fish</p>	<p>A. Chicken w/ Honey Mustard Sauce Mashed Sweet Potato Green Beans Dinner Roll <i>Birthday Cake</i></p> <p>C. Baked Fish</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 with Apples, Grapes and Walnuts</p> <p>C. Baked Fish</p>	<p>A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p> <p>B. Baked Fish</p>



Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<p>A. Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables Wheat Bread <i>Tapioca Pudding</i></p> <p>B. Ham Salad Sandwich on Italian Bread Carrot Raisin Salad</p> <p>C. Baked Fish</p>	<p>A. Oregano Lemon Chicken Garlic Rosemary Potatoes California Blend Rye Bread <i>Cranberry Juice</i> <i>Applesauce Cake</i></p> <p>B. Soft Chicken Taco Mexican ColeSlaw</p> <p>C. Baked Fish</p>	<p>A. Beef & Broccoli Rice Carrots Dinner Roll Blueberries & Whipped Topping</p> <p>C. Baked Fish</p>	<p>A. Hungarian Goulash Spinach Egg Noodle Dinner Roll <i>Melon in Season</i></p> <p>B. Hummus with Chicken and Cucumbers in a Pita Broccoli Salad</p> <p>C. Baked Fish</p>	<p>A. Peached Glazed Chicken Sweet Mashed Potatoes Sautéed Summer Squash Rye Bread Brownie</p> <p>B. Baked Fish</p>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<p>Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll <i>Chocolate Pudding</i></p> <p>Turkey Bacon BLT Three Bean Salad Apple Juice Wheat Bread</p> <p>C. Fish</p>	<p>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>Chicken Parmesan Dinner Salad Pasta 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>Roast Pork Loin w/ Gravy Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce</p> <p>C. Baked Fish</p>

<p style="text-align: center;">Monday 30</p>	<p style="text-align: center;">Tuesday31</p>			
<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>			

July 2018

Westview Wednesday Evening Dining

680 Central Avenue, Albany, NY

*Dinner 5:00 PM · For reservations call 518-482-2120 by 1:30 pm
the day before the meal.*



Wednesday 4	Wednesday 11	Wednesday 18
<p>Closed Independence Day</p>	<p>Cheese Burger w/ Lettuce, Tomato & Onion on Wheat Bun Roasted Potato Wedges California Blend Fresh Seasonal Fruit Cup</p> <p>C. Baked fish</p>	<p>Roast Beef w/ Gravy Mashed Potatoes Carrots Wheat Bread Blueberry Crisp</p> <p>C.Baked Fish</p>
	<p>Wednesday 25</p>	
	<p>Ziti w/ Meatballs Dinner Salad Italian Dressing Italian Bread Sugar Cookie</p> <p>C. Baked Fish</p>	
<p><i>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 congregated meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated, and go directly to support and expand the congregated meal program. Contributions are voluntary, confidential, and purely optional.</i></p> <p><i>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.</i></p> <p style="text-align: center;"><i>All meals are served with milk. Some items may be subject to last minute substitution.</i></p>		