



Offering Choice, Independence
and Dignity


NOVEMBER 2018

Westview Dining

680 Central Avenue, Albany, NY

**Lunch 12:00 PM · For reservations call 518-482-2120 by
1:30 pm the day before the meal.**

Monday	Tuesday	Wednesday	Thursday 1	Friday 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>B. Chicken</p>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 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 Applesauce</p> <p>C. 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 Whole Wheat Pita</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>

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 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. Honey Mustard Chicken Over Rice Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail</p> <p>B. 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>
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 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>
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
<p>A. Cheeseburger w/ Lettuce & Tomato Oven 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>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>



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

Monday	Tuesday	Wednesday 7	Thursday	Friday
		A. Baked Ham w Crushed Pineapple Mashed Sweet Potatoes Broccoli Dinner Roll Pumpkin Pie B. Baked Fish		
		14		
		A. Beef Tips w/ Gravy Over Noodles Brussel Sprouts Orange Juice Wheat Bread Pumpkin Pie B. Baked Fish		
		21		
		A. Roast Turkey w/ Gravy and Wheat Stuffing and Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Pumpkin Pie B. Baked Fish		
		28		
		A. Pepper Steak Oven Roasted Potatoes Coleslaw w/ Carrots Tropical Fruit Dinner Roll B. Baked Fish		