

October 2017 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	Friday
2	3	4	5	6
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries and Whipped Topping	Honey Mustard Chicken Seasoned Zucchini and Tomatoes Orange Juice Rice Dinner Roll Birthday Cake	Beef Stew Salad Wheat Biscuit Fruit Cocktail	Mac & Cheese Stewed Tomatoes Grape Juice Wheat Bread Chocolate Pudding
9	10	11	12	13
Knockwurst Cabbage & Onion Stir Fry German Potato Salad Cranberry Juice Rye Bread Applesauce Cake	Chili Con Carne Spinach Corn Bread Apple Crisp	Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Wheat Bread Pineapple Chunks	Sheppard's Pie Brussel Sprouts Dinner Roll Citrus Ambrosia	Grilled Munster Cheese Sandwich Tomato Soup Coleslaw Apple Juice Brownie
16	17	18	19	20
Cheeseburger w/Swiss Cheese Seasoned Oven Roasted Potatoes Brussels Sprouts Hamburger Bun Blueberry Tart	Baked Fish w/ Lemon Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Parsely Carrots Grape Juice Wheat Bread Cherry Crisp	Turkey Tetrazzini Beets Dinner Roll Mandarin Oranges	Baked Ziti Italian Blended Vegetables Italian Bread Chocolate Pudding
23	24	25	26	27
Spanish Rice Carrots Corn Bread Brownie	Herbed Chicken w/Gravy Roasted Sweet Potatoes Broccoli Dinner Roll Tapioca Pudding	Spaghetti w/Meat Sauce Salad Wheat Bread Pound Cake w/Blueberries	BBQ Pulled Pork Coleslaw w/Carrots Seasoned Red Roasted Potatoes Dinner Roll Applesauce w/Cinnamon	Tuna Salad Sandwich on Wheat Hearty Bean Soup Pickled Beet Salad Apple Juice Brownie
30	31			
Chicken & Rice Peas & Carrots Grape Juice Wheat Bread Chocolate Chip Cookie	Roasted Turkey w/ Gravy Mashed Sweet Potatoes Carrots Whole Wheat Stuffing Apple Sauce			

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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	Thursday	Friday
		4		
		Beef Tips w/Gravy Brussel Sprouts Egg Noodles Orange Juice Wheat Bread Sweet Potato Pie		
		11		
		Pot Roast w/Gravy Mashed Sweet Potatoes Wheat Bread Strawberries		
		18		
		Pepper Steak Seasoned Oven Roasted Potatoes Coel Slaw Dinner Roll Tropical Fruit		
		25		
		Beef Lasagna Italian Vegetables Italian Bread Apple Juice Ice Cream		

*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 milk. **Some items may be subject to last minute substitution.***

9/29/2017