



Offering Choice, Independence
and Dignity

OCTOBER 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	Friday
1	2	3	4	5
<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 Birthday Cake</p> <p>C. 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 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 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<p>A. Knockwurst Cabbage and Onion Stir Fry German Potato Salad Fruit Punch Rye Bread Applesauce Cake</p> <p>B. Meatball Sub Salad w/Dressing Wheat Hot Dog Bun</p> <p>C. Baked Fish</p>	<p>A. Chili Con Carne Spinach Corn Bread Apple Crisp</p> <p>C. 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 Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Sheppard's Pie Brussel Sprouts <i>Dinner Roll</i> <i>Fruit Cocktail</i></p> <p>B. Cottage Cheese Egg and Peaches Platter Bed of Lettuce Three Bean Salad</p> <p>C. Baked Fish</p>	<p>A. Grilled Munster Cheese Sandwich Tomato Soup Coleslaw w/ Carrots Apple Juice Wheat Bread Brownie</p> <p>C. Baked Fish</p>

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<p>A. Cheeseburger w/ Swiss Cheese Lettuce & Tomato Seasoned Oven Roasted Potatoes Brussel Sprouts <i>Whole Wheat Bun</i> <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>C. Baked Fish</p>	<p>A. Turkey Tetrazzini Over Spaghetti Beets Dinner Roll <i>Mandarin Oranges</i></p> <p>B. Chicken Fajita w/ Salsa and Sour Cream Peppera and Onions Black Beans 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 Wheat Bread</p> <p>C. Baked Fish</p>
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<p>A. Spaghetti w/Meat Sauce Dinner Salad Dinner Roll <i>Tapioca Pudding</i></p> <p>B. Ham Salad Sandwich w/ Lettuce and Tomato Orange Juice Coleslaw w/ Carrots Rye Bread</p> <p>C. Baked Fish</p>	<p>A. Herbed Chicken w/ Gravy Baked Sweet Potatoes Apples Spinach Dinner Roll <i>Brownie</i></p> <p>B. 2 Beef Tacos w/ Salsa and Sour Cream Spinach Salad w/ Tomato and Carrots French Dressing Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Spanish Rice Carrots Corn Bread Pound Cake w/ Blueberries</p> <p>C. Baked Fish</p>	<p>A. BBQ Pulled Pork Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun <i>Applesauce w/ Cinnamon</i></p> <p>B. Chicken Pita Sandwich w/ Hummus and Veggies. Potato Salad w/ Carrots Whole wheat Pita</p> <p>C. Baked Fish</p>	<p>A. Tuna Salad Sandwich Hardy Bean Soup Pickled Beets Salad Apple Juice Wheat Bread Brownie</p> <p>C. Chicken</p>
Monday 29	Tuesday 30	Wednesday 31		
<p>Chicken Chow Mein Spaghetti Asian Veg. <i>Whole Wheat Bread</i> <i>Strawberries w/ Whipped Topping</i></p> <p>B. Turkey Bacon Lettuce and Tomato Sandwich Three Bean Salad</p> <p>C. Baked Fish</p>	<p>Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing <i>Applesauce</i></p> <p>B. Roast Beef Sandwich w/ Lettuce and Tomato Cream of Broccoli Soup Rye Bread</p> <p>C. Baked Fish</p>	<p>Sweet & Sour Pork Over Rice Broccoli Dinner Roll Pineapple Chunks</p> <p>C. Baked Fish</p>		



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Monday	Tuesday	Wednesday3	Thursday	Friday
		A. Beef Tips w/ Gravy Over Noodles Brussel Sprouts Orange Juice Wheat Bread Sweet Potato Pie B. Baked Fish		
		10		
		A. Roast Turkey w/ Gravy and Wheat Stuffing and Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Pumpkin Pie B. Baked Fish		
		17		
		A. Pepper Steak Oven Roasted Potatoes Coleslaw w/ Carrots Dinner Roll Tropical Fruit B. Baked Fish		
		24		

		<p>A. Beef Lasagna w/ Tomato Sauce Italian Vegetables Rye Bread Ice Cream w/ Strawberries</p> <p>B. Baked Fish</p>		
		<p>31</p>		
		<p>A. Hot Open Faced Roast Beef Sandwich w/ Gravy Mashed Potatoes Carrots Cranberry Juice Wheat Bread Chocolate Pudding</p> <p>B. Baked Fish</p>		

