



Offering Choice, Independence  
and Dignity

## November 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
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>Sweet &amp; Sour Pork</b> Asian Vegetables Rice Dinner roll Birthday Cake	<b>Meatloaf w/Mushroom Gravy</b> Mashed Potatoes Green Beans Corn Bread Pears w/ Vanilla Ice Cream	<b>Potato Crunch Fish</b> Baked Sweet Potatoes & Apples Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Chicken Ala King</b> Egg Noodles Peas Wheat Bread Strawberries w/ Whipped Topping	<b>Pork Roast w/Gravy</b> Seasoned Oven Red Roasted Potatoes Carrots Dinner Roll Sliced Apples w/Cinnamon	<b>Chicken Teryaki</b> Rice Dinner Salad Mandarin Oranges Wheat Bread Pound Cake w/ Mixed Berries	<b>Roast Beef w/Gravy</b> Mashed Potatoes Broccoli Wheat Bread Pumpkin Pudding	<b>Lasagna Roll-Up w/Marinara Sauce</b> Dinner Salad Italian Bread Baked pears w/ Ice Cream
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	<b>Meatloaf w/Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	<b>Honey Mustard Chicken</b> Seasoned Zucchini & Tomatoes Orange Juice Rice Dinner Roll Tapioca Pudding	<b>Beef Stew</b> Dinner Salad Wheat Biscuits Fruit Cocktail	<b>Mac &amp; Cheese</b> Stewed Tomatoes Wheat Bread Grape Juice Brownie
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Chicken w/Peach Sauce</b> Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	<b>Chili Con Carne</b> Spinach Corn Bread Apple Crisp	<b>Roast Pork w/Gravy</b> Oven Roasted Potatoes Prince Edward Island Vegetables Wheat Bread Pineapple Chunks	<b>Closed Thanksgiving</b>	<b>Closed</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>Cheeseburger w/Swiss</b> Seasoned Oven Roasted Potatoes Brussels' Sprouts Hamburger Bun Blueberry Tart	<b>Baked Fish w/Lemon Herb Sauce</b> Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	<b>Salisbury Steak w/Mushroom Gravy</b> Mashed Potatoes Parsley Carrots Grape Juice Wheat Bread Cherry Crisp	<b>Turkey Tetrazzini</b> Beets Dinner Roll Mandarin Oranges	



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Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>		
		<b>Open Faced Roast Beef Sandwich w/ Gravy</b> Mashed Potatoes Carrots Cranberry Juice Wheat Bread Lemon Cake		
		<b>8</b>		
		<b>Spiral Ham w/ Crushed Pineapple</b> Mashed Potatoes Broccoli Wheat Roll Pumpkin Pie		
		<b>15</b>		
		<b>Roast Turkey w/ Gravy</b> Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Stuffing Pumpkin Pie		
		<b>22</b>		
		<b>Pot Roast w/ Gravy</b> Mashed sweet Potatoes Wheat Bread Strawberries		
		<b>29</b>		
		<b>Pepper Steak</b> Oven Roasted Potatoes Cole Slaw w/ Carrots Dinner Roll Tropical Fruit		

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

*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.***