


Serving Lunch on Tuesdays at 12:00 PM

For reservations call Capital Area Council of Churches (518) 562-5450
by noon on Monday

	Tuesday, January 1	Tuesday, January 8
		<p>A. Baked Fish w/Lemon Herb Sauce Rice Stewed Tomatoes Grape Juice Rye Bread Applesauce Cake</p> <p>B. Chicken Salad on a Bed of Lettuce Spinach Salad /w Tomato and Carrots</p> <p>C. Chicken</p>
Tuesday, January 15	Tuesday, January 22	Tuesday, January 29
<p>A. Herbed Chicken w/ Gravy Baked Sweet Potatoes w/Apples Spinach Dinner Roll Brownie</p> <p>B. 2 Soft Shell Beef Tacos with Cheese, Lettuce, and Salsa Spinach Salad w/ Tomato and Carrots Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Roasted Turkey w/ Gravy Mashed Potatoes Carrots Wheat Stuffing Applesauce</p> <p>B. Roast Beef Sandwich on Rye Lettuce & Tomatoes Cream of Broccoli Soup Pineapple Orange Juice</p> <p>C. Baked Fish</p>	<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Potatoes Peas & Carrots Dinner Roll Sliced Apples with Whipped Topping</p> <p>B. Chicken Curry Salad on a Bed of Lettuce Pasta Salad w/Broccoli</p> <p>C. Baked Fish</p>
Tuesday, February 5	Tuesday, February 12	Tuesday, February 19

<p>A. Meat Loaf w/ Tomato Gravy Oven Roasted Potatoes Cauliflower Whole Wheat Bread Pound Cake with Strawberries/whipped topping</p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Baked Fish</p>	<p>A. Chili Con Carne Corn Bread Spinach Apple Crisp</p> <p>B. Baked Fish</p>	<p>A. Baked Fish w/Lemon Herb Sauce Rice Stewed Tomatoes Grape Juice Rye Bread Apple Sauce Cake</p> <p>B. Chicken Salad on a Bed of Lettuce Spinach Salad with Tomato and Carrots</p> <p>C. Chicken</p>
<p>Tuesday, February 26</p>		
<p>A. Herbed Chicken w/ Gravy Baked Sweet Potatoes w/Apples Spinach Dinner Roll Brownie</p> <p>B. 2 Soft Shell Beef Tacos with Cheese, Lettuce, and Salsa Spinach Salad /w Tomato and Carrots Whole Wheat Wrap</p> <p>C. Baked Fish</p>		

Tuesday, March 5	Tuesday, March 12	Tuesday, March 19
<p>A. Roasted Turkey w/ Gravy Mashed Potatoes Carrots Wheat Stuffing Applesauce</p> <p>B. Roast Beef Sandwich on Rye Lettuce & Tomatoes Cream of Broccoli Soup Rye Bread</p> <p>C. Baked Fish</p>	<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Potatoes Peas & Carrots Dinner Roll Sliced Apples with Whipped Topping</p> <p>B. Chicken Curry Salad on a Bed of Lettuce Pasta Salad w/Broccoli</p> <p>C. Baked Fish</p>	<p>A. Meat Loaf w/ Tomato Gravy Oven Roasted Potatoes Cauliflower Whole Wheat Bread Pound Cake with Strawberries/whipped topping</p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Baked Fish</p>
Tuesday, March 26		
<p>A. Chili Con Carne Corn Bread Spinach Apple Crisp</p> <p>B. Baked Fish</p>		

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 1% milk. **Some items may be subject to last-minute substitutions. 1/7/19**