





# JANUARY 2019

## Cohoes Senior Center Dining

10 Cavuga Plaza. Cohoes, NY 12047

Lunch 12:00 PM • For reservations call 518-235-2420 by 4:00 pm the day before the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p><b>CLOSED</b></p>  <p><b>Happy New Years</b></p>	<p><b>A. Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll <i>Pineapple Chunks</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Turkey and Swiss Cheese Wrap w/Lettuce and Tomato</b> Minestrone Soup Whole Wheat Wrap</p>	<p><b>A. Sheppard's Pie</b> Brussel Sprouts <i>Dinner Roll</i> <i>Fruit Cocktail</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Cottage Cheese Egg and Peaches Platter</b> Three Bean Salad</p>	<p><b>A. Grilled Munster Cheese Sandwich</b> Tomato Soup Coleslaw w/ carrots Apple Juice Whole Wheat Bread Brownie</p> <p><b>B. Baked Fish</b></p>
7	8	9	10	11
<p><b>A. Cheeseburger w/ Swiss cheese and Lettuce &amp; Tomato</b> Seasoned Oven Roasted Potatoes Brussel Sprouts <i>Whole Wheat Bun</i> <i>Blueberry Tart</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Tuna Salad Sandwich w/ Lettuce and Tomato</b> Marinated Tomato &amp; Cucumber Salad Apple Juice</p>	<p><b>A. Baked Fish w/ Lemon Herb Sauce</b> Stewed Tomatoes <i>Grape Juice</i> Rice <i>Rye Bread</i> <i>Applesauce Cake</i></p> <p><b>B. Chicken</b></p> <p><b>C. Chicken Salad Sandwich w/ lettuce and Tomato</b> Spinach Salad w/ Dressing</p>	<p><b>A. Roast Beef w/ Gravy</b> Mashed Potatoes Broccoli Fruit Cocktail Whole Wheat Bread <i>Birthday Cake</i></p> <p><b>B. Baked Fish</b></p> 	<p><b>A. Turkey Tetrizzini Over Spaghetti</b> Beets Dinner Roll <i>Mandarin Oranges</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken Fajita w/ Salsa and Sour Cream</b> Black Beans Whole Wheat Wraps</p>	<p><b>A. Baked Ziti-Meatless</b> Italian Blended Veg. Dinner Roll <i>Chocolate Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato</b> Tomato Soup Pineapple Orange Juice Whole Wheat Bread</p>
14	15	16	17	18
<p><b>A. Spaghetti w/Meat Sauce</b> Dinner Salad Dinner Roll <i>Tapioca Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham Salad Sandwich w/ Lettuce and Tomato</b> Orange Juice Coleslaw Rye Bread</p>	<p><b>A. Herbed Chicken w/ Gravy</b> Baked Sweet Potatoes Apples Spinach Dinner Roll <i>Brownie</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. 2 Beef Tacos w/ Salsa and Sour Cream</b> Spinach Salad French Dressing Whole Wheat Wraps</p>	<p><b>A. Spanish Rice</b> Carrots Corn Bread Pound Cake w/ Blueberries</p> <p><b>B. Baked Fish</b></p>	<p><b>A. BBQ Pulled Pork</b> Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun <i>Applesauce w/ Cinnamon</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken Wheat Pita Sandwich w/ Hummus and Roasted Veggies.</b> Potato Salad w/ Carrots</p>	<p><b>A. Tuna Salad Sandwich</b> Hearty Bean Soup Pickled Beet Salad Apple Juice <i>Brownie</i></p> <p><b>B. Chicken</b></p>

21	22	23	24	25
<p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><b>Martin Luther King Day</b></p>	<p><b>A. Roast Turkey w/ Gravy</b> Mashed Potatoes Carrots Whole Wheat Stuffing <i>Applesauce</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Roast Beef Sandwich w/ Lettuce and Tomato</b> Cream of Broccoli Soup Rye Bread</p>	<p><b>A. Sweet &amp; Sour Pork Over Rice</b> Broccoli Dinner Roll Pineapple Chunks</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Meatloaf w/ Mushroom Gravy</b> Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears w/ Vanilla Ice Cream</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Tuna Salad Sandwich w/ Lettuce and Tomato</b> Potato Soup Grape Juice Whole Wheat Bread</p>	<p><b>A. Potato Crunch Fish</b> Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon Cake w/ Frosting</p> <p><b>B. Chicken</b></p>
28	29	30	31	
<p><b>A. Mac &amp; Cheese</b> Stewed Tomatoes Whole Wheat Bread <i>Peaches &amp; Sugar Cookie</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. BLT Chicken Pasta Salad</b> V-8 Juice</p>	<p><b>A. Pork Roast w/ Gravy</b> Seasoned Oven Roasted Sweet Potatoes Peas &amp; Carrots <i>Dinner Roll Sliced Apples w/ Cinnamon and Whipped Topping</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken Curry Salad on Bed of Lettuce</b> Pasta Broccoli Salad</p>	<p><b>A. Chicken Teriyaki Over Rice</b> Asian Veg. Whole Wheat Bread Pound Cake w/ Mixed Berries</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roast Beef w/ Gravy</b> Mashed Potatoes Broccoli Rye Bread <i>Pumpkin Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Seafood Salad in a Pita w/ Lettuce and Tomato</b> Dinner Salad w/ Italian Dressing Apple Juice Whole Grain Pita</p>	

*This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. All Albany County congregate meal programs allow for a suggested contribution of \$3.00.*

*Contributions are very much appreciated, and go directly to support and expand the congregate meal program.*

***Contributions are voluntary, confidential, and purely optional.***

***All seniors are welcome and encouraged to attend our meal program. Please make a reservation to assure we have a meal available at the meal program you would like to attend. 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**.**



# JANUARY 2019

## Cohoes Senior Center Dining

10 Cayuga Plaza. Cohoes, NY 12047 Dinner 5:00 PM • Please call 518-235-2420 by 4:00 pm the day before the meal.

Monday	Tuesday 1	Wednesday	Thursday 3	Friday
	<b>CLOSED</b>  <b>Happy New Years</b>		<b>A. Mac &amp; Cheese</b> Stewed Tomato Dinner Roll Peaches & Cream  <b>B. Baked Fish</b>	
	<b>8</b>		<b>10</b>	
	<b>A. Sausage w/ Tomato Sauce, Peppers and Onions over Penne Pasta</b> Dinner Salad w/ Dressing Dinner Roll Chocolate Chip Cookie  <b>B. Baked Fish</b>		<b>A. Chicken Parmesan over Spaghetti</b> Italian Vegetable Apple Juice Rye Bread Vanilla Pudding Tart  <b>B. Baked Fish</b>	
	<b>15</b>		<b>17</b>	
	<b>A. Hot Open Faced Turkey Sandwich/ Wheat Bread</b> Mashed Potatoes Carrots Cranberry Sauce Lemon Cake  <b>B. Baked Fish</b>		<b>A. Seafood Newburgh</b> California Blended Vegetables Orange/Pineapple Juice Rice Dinner Roll Brownie  <b>B. Baked Chicken</b>	
	<b>22</b>		<b>24</b>	
	<b>A. Stuff Peppers w. Beef , Tomato Sauce, and Rice</b> Spinach & Mandarin Salad w/ Dressing Dinner Roll Cherry Crisp  <b>B. Baked Fish</b>		<b>A. Roast Pork w/ Gravy</b> O'Brian Potatoes Carrots Dinner Roll Sliced Apples w/ Cinnamon  <b>B. Baked Fish</b>	
	<b>29</b>		<b>31</b>	
	<b>A. Beef Lasagna w/ Tomato Sauce</b> Italian Vegetables Grape Juice Rye Bread Ice Cream  <b>B. Baked Fish</b>		<b>A. Baked Ham w Crushed Pineapple</b> Mashed Sweet Potatoes Peas Dinner Roll Strawberry w/Shortcake  <b>B. Baked Fish</b>	

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