



FEBRUARY 2019 – MENU

Cohoes Senior Center
10 Cayuga Plaza
Cohoes, NY 12047


**Serving Lunch Monday thru Friday at 12:00 PM
and Dinner Tuesday and Thursday at 5:00 PM**

For reservations, call (518) 235-2420 by 4:00 PM the day before the meal.

Lunch Menu February 2017				Friday, February 1
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday February 7	Friday February 8
A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Tapioca Pudding B. Chicken C. Chicken Salad Sandwich w/Lettuce & Tomato Pickled Beets Fresh Fruit Cup Whole Wheat Bread	A. Meatloaf w/Tomato Gravy Season Oven Roasted Potatoes Cauliflower Whole Wheat Bread Pound Cake w/Strawberries and Whip Topping B. Baked Fish C. Chef Salad w/Muenster Cheese Turkey and Hard Boiled Egg Ranch Dressing	A. Honey Mustard Chicken Over Rice Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail B. Baked Fish	A. Beef Stew Dinner Salad Dinner Roll Lemon Pudding B. Baked Fish C. Turkey Sandwich w/Lettuce & Tomato Orange Pineapple Juice Carrot & Raisin Salad Whole Wheat Bread	A. 2 Lasagna Roll-up Spinach and Mandarin Salad Italian Dressing Whole Wheat Bread Cherry Crisp B. Baked Fish A. Mac & Cheese Stewed Tomatoes Pineapple/Orange Juice Whole Wheat Bread Brownie B. Baked Fish C. Egg Salad Sandwich w/Lettuce & Tomato Butternut Squash Soup Whole Wheat Bread

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Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
<p>A. Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll Vanilla Pudding</p> <p>B. Baked Fish</p> <p>C. Meatball Sub Salad w/Dressing Whole Wheat Bread</p>	<p>A. Chili Con Carne Spinach Corn Bread Apple Crisp</p> <p>B. Baked Fish</p>	<p>A. Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Blend Veg. Whole Wheat Bread Apple Juice Birthday Cake</p> <p>B. Baked Fish</p> <p>C. Turkey and Swiss Cheese Wrap w/Tomato Caesar Dressing Minestrone Soup</p>	<p>A. Shepherd's Pie Brussel Sprouts Fruit Cocktail</p> <p>B. Baked Fish</p> <p>C. Cottage Cheese, Hard Boiled Egg, Peaches Platter Three Bean Salad</p>	<p>A. Grilled Muenster Cheese Sandwich Tomato Soup Coleslaw w/Carrots Apple Juice Whole Wheat Bread Brownie</p> <p>B. Baked Fish</p>
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
<p>CLOSED</p>  <p>HAPPY BIRTHDAY MR. PRESIDENT</p>	<p>A. Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Grape Juice Rice Rye Bread Applesauce Cake</p> <p>B. Chicken</p> <p>C. Chicken Salad Sandwich w/Lettuce & Tomato Spinach w/Tomato and Carrots Salad w/Dressing</p>	<p>A. Salisbury Steak w/Mushroom Gravy Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp</p> <p>B. Baked Fish</p>	<p>A. Chicken Parm. w/Cheese over Noodles Italian Blended Veg. Whole Wheat Italian Bread Lemon Pudding Tart</p> <p>B. Baked Fish</p> <p>C. Chicken Fajita w/Salsa and Sour Cream Black Beans 2 Whole Wheat Wraps</p>	<p>A. Baked Ziti Italian Blended Veg. Dinner Roll Chocolate Pudding</p> <p>B. Baked Fish</p> <p>C. Ham and Swiss Cheese Sandwich w/Lettuce and Tomato Tomato Soup Pineapple/Orange Juice Whole Wheat Bread</p>

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Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	
A. Spaghetti w/Meat Sauce Dinner Salad Dinner Roll Tapioca Pudding B. Baked Fish C. Ham Salad Sandwich w/Lettuce and Tomato Orange Juice Coleslaw w/Carrots Rye Bread	A. Herbed Chicken w/Gravy Baked Sweet Potatoes w/Apples Spinach Dinner Roll Brownie B. Baked Fish C. 2 Beef Tacos w/Salsa and Sour Cream Spinach Salad Fresh Dressing 2 Whole Wheat Wraps	A. Spanish Rise Carrots Corn Bread Pound Cake w/Blueberries B. Baked Fish	A. BBQ Pulled Pork Seasoned Red Roasted Potatoes Coleslaw w/Carrots Whole Wheat Bun Applesauce w/Cinnamon B. Baked Fish C. Chicken Pita Sandwich w/Hummus & Roasted Veggies. Potato Salad w/Carrots Whole Wheat Pita	

*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 congregated meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregated 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.***



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Dinner	Menu	February	2017	
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday February 7	Friday February 8
	A. Chicken w/Gravy Mashed Potatoes Biscuit Blueberry Tart w/Whipped Topping B. Baked Fish		A. Pepper Steak Oven Roasted Potatoes Cauliflower Dinner Salad Rye Bread Ice Cream B. Baked Fish	
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
	A. Roast Beef w/Gravy Green Beans Mashed Potatoes Dinner Roll Fruit Salad B. Baked Fish		A. Mac & Cheese Stewed Tomato Dinner Roll Peaches & Cream B. Baked Fish	

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Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
	A. Sausage w/Tomato Sauce, Peppers & Onions over Penne Pasta Dinner Salad w/Dressing Dinner Roll Chocolate Chip Cookie		A. Chicken Parmesan w/Cheese Italian Vegetable Apple Juice Rye Bread Vanilla Pudding	
	B. Baked Fish		B. Baked Fish	
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	Friday, February 29
	A. Hot Open Faced Turkey Sandwich Mashed Potatoes Carrots Wheat Bread Lemon Cake		A. Seafood Newburgh California Blend Vegetables Orange/Pineapple Rice Dinner Roll Brownie	
	B. Baked Fish		B. Baked Fish	

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