


**Serving Lunch Monday, Tuesday and Friday: Lunchtime 12:00 PM**

*For reservations, call Karen Stark at (518) 937-5963 by 10:00 am the day before the meal.*

		<b>Friday, February 1</b>
		<b>A. 2 Lasagna Roll-up</b> Spinach and Mandarin Salad Whole Wheat Bread Cherry Crisp <b>B. Baked Fish</b>
<b>Monday, February 4</b>	<b>Tuesday, February 5</b>	<b>Friday, February 8</b>
<b>A. Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Role Tapioca Pudding <b>B. Chicken Salad Sandwich w/Lettuce &amp; Tomato</b> Pickled Beets, Fresh Fruit Cup Whole Wheat Bread <b>C. Chicken</b>	<b>A. Meatloaf w/Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower Whole Wheat Bread Birthday Cake and Applesauce <b>B. Chef Salad w/Muenster Cheese, Turkey &amp; Hard Boiled Egg</b> Ranch Dressing <b>C. Baked Fish</b>	<b>A. Mac &amp; Cheese</b> Stewed Tomatoes Pineapple/Orange Juice Whole Wheat Bread Brownie <b>B. Egg Salad Sandwich w/Lettuce and Tomato</b> Butternut Squash Soup <b>C. Baked Fish</b>
<b>Monday, February 11</b>	<b>Tuesday, February 12</b>	<b>Friday, February 15</b>
<b>A. Chicken Cacciatore Over Noodles</b> California Blend Veg. Dinner Roll Vanilla Pudding <b>B. Meatball Sub</b> Salad w/Dressing Whole Wheat Bun <b>C. Baked Fish</b>	<b>A. Shrimp Scampi over Pasta</b> Spinach Dinner Salad Apple Crisp <b>B. Baked Fish</b>	<b>A. Grilled Muenster Cheese Sandwich</b> Tomato Soup Coleslaw w/Carrots Apple Juice Whole Wheat Bread Brownie <b>B. Baked Fish</b>

**FEBRUARY 2019 – MENU**  
 Helderberg Senior Center Dining

Monday, February 18	Tuesday, February 19	Friday, February 22
<p align="center"><b>CLOSED</b></p>  <p align="center"><b>Happy Birthday George Washington</b></p>	<p><b>A. Baked Fish w/Lemon Herb Sauce</b> Spinach Grape Juice Mashed Potatoes Rye Bread Applesauce</p> <p><b>B. Chicken Salad Sandwich w/Lettuce &amp; Tomato</b> Spinach Salad w/ Dressing</p> <p><b>C. Chicken</b></p>	<p><b>A. Baked Ziti</b> Italian Blended Veg. Dinner Roll Chocolate Pudding</p> <p><b>B. Ham and Swiss Cheese Sandwich w/Lettuce &amp; Tomato</b> Tomato Soup Pineapple/Orange Juice Whole Wheat Bread</p> <p><b>C. Baked Fish</b></p>
Monday, February 25	Tuesday, February 26	
<p><b>A. Spaghetti w/Meat Sauce</b> Dinner Salad Dinner Roll Tapioca Pudding</p> <p><b>B. Ham Salad Sandwich w/Lettuce &amp; Tomato</b> Orange Juice Coleslaw w/Carrots</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Herbed Chicken w/Gravy</b> Baked Sweet Potatoes w/Apples Spinach Dinner Roll Brownie</p> <p><b>B. 2 Beef Tacos w/Salsa and Sour Cream</b> Spinach Salad w/Tomatoes &amp; Carrots French Dressing 2 whole Wheat Wraps</p> <p><b>C. Baked Fish</b></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. 1/18/2019*