



**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>Tuesday, January 1</b>	<b>Friday, January 4</b>
	  <b>Closed Happy New Year</b>	<b>A. Grilled Muenster Cheese Sandwich</b> Tomato Soup Coleslaw w/ Carrots Apple Juice Whole Wheat Bread Brownie  <b>B. Fish</b>
<b>Monday, January 7</b>	<b>Tuesday, January 8</b>	<b>Friday, January 11</b>
<b>A. Cheeseburger w/ Swiss Cheese Lettuce &amp; Tomato</b> Seasoned Oven Roasted Potatoes Brussels Sprouts Whole Wheat Bun Blueberry Tart  <b>B. Tuna Salad Sandwich w/ Baked Fish w/ Lemon Herb Sauce</b> Stewed Tomatoes Grape Juice Mashed Potatoes Rye Bread Birthday Cake w/ Applesauce  <b>C. Baked Fish</b>	<b>A. Baked Fish w/ Lemon Herb Sauce</b> Stewed Tomatoes Grape Juice Mashed Potatoes Rye Bread Birthday Cake w/ Applesauce  <b>B. Chicken Salad Sandwich w/ lettuce and Tomato</b> Spinach Salad w/Dressing  <b>C. Chicken</b>	<b>A. Baked Ziti- Meatless</b> Italian Blended Veg. Dinner Roll Chocolate Pudding  <b>B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato</b> Tomato Soup Whole Wheat Bread Pineapple Orange Juice  <b>C. Baked Fish</b>

# JANUARY 2019 – MENU

Helderberg Senior Center Dining

Monday, January 14	Tuesday, January 16	Friday, January 18
<p><b>A. Spaghetti w/Meat Sauce</b> Dinner Salad Dinner Roll Tapioca Pudding</p> <p><b>B. Ham Salad Sandwich w/ Lettuce and Tomato</b> Rye Bread Orange Juice Coleslaw</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Herbed Chicken w/ Gravy</b> Baked Sweet Potatoes Apples Spinach Dinner Roll Brownie</p> <p><b>B. 2 Beef Tacos w/ Salsa and Sour Cream</b> Spinach Salad w/ Tomatoes and Carrots 2 Wheat Wraps French Dressing</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Tuna Salad Sandwich</b> Hearty Bean Soup Pickled Beat Salad Apple Juice Whole Wheat Bread Brownie</p> <p><b>B. Chicken</b></p>
Monday, January 21	Tuesday, January 22	Friday, January 25
<p><b>Senior Services of Albany Closed</b></p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p><b>A. Roast Turkey w/ Gravy</b> Mashed Potatoes Carrots Whole Wheat Stuffing Applesauce</p> <p><b>B. Roast Beef Sandwich w/ Lettuce and Tomato</b> Cream of Broccoli Soup Rye Bread</p> <p><b>C. Baked Fish</b></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>

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

<b>Monday, January 28</b>	<b>Tuesday, January 29</b>	
<p><b>A. Mac &amp; Cheese</b>            Stewed Tomatoes            Whole Wheat Bread            Peaches &amp; Sugar Cookie</p> <p><b>B. BLT Chicken Pasta Salad</b>            V-8 Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Pork Roast w/ Gravy</b>            Seasoned Oven Roasted Sweet Potatoes            Peas &amp; Carrots            Dinner Roll            Sliced Apples w/ Cinnamon and Whipped Topping</p> <p><b>B. Chicken Curry Salad on Bed of Lettuce</b>            Pasta Broccoli Salad</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. 1/9/2019**