

Serving **Dinner** on Tuesdays and Wednesdays at 5:00 PM and  
**Lunch** on Fridays at 12:00 PM

For reservations, call (518) 482-2120 by **1:30 PM** the day before the meal.

<b>February 2019</b>		<b>Lunch and Dinner</b>		<b>Friday, February 1 Lunch – 12 PM</b>	
				<b>Friday, February 8 Lunch - 12 PM</b>	
<b>Tuesday, February 5 Dinner - 5 PM</b>		<b>Wednesday, February 6 Dinner - 5 PM</b>		<b>Friday, February 8 Lunch - 12 PM</b>	
<b>A. Meatloaf w/Tomato Gravy</b> Seasoned Oven Roasted Potatoes Colliflower Whole Wheat Bread Birthday Cake with Applesauce  <b>B. Chef Salad, Muenster Cheese, Hard Boiled Egg Turkey</b> Ranch Dressing Whole Wheat Dinner Roll  <b>C. Baked Fish</b>		<b>A. Beef Tips w/Gravy over Noodles</b> Brussel Sprouts Orange Juice Wheat Bread Apple Pie  <b>B. Baked Fish</b>		<b>A. Mac &amp; Cheese</b> Stewed Tomatoes Pineapple/Orange Juice Whole Wheat Bread Brownie  <b>B. Egg Salad w/Lettuce and Tomato</b> Butternut Squash Soup  <b>C. Baked Fish</b>	
<b>A. 2 Lasagna Roll-Up</b> Spinach and Mandarin Salad Italian Dressing Whole Wheat Bread Cherry Crisp  <b>B. Baked Fish</b>					

# February 2019 – Menu

## South Mall Dining

Tuesday, February 12 Dinner – 5 PM	Wednesday, February 13 Dinner – 5 PM	Friday, February 15 Lunch - 12 PM
<p><b>A. Chili Con Carne</b> Spinich Corn Bread Apple Crisp</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roast Turkey w/Gravy</b> Whole Wheat Stuffing Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Lemon Meringue</p> <p><b>B. Turkey Swiss Cheese Wrap w/Lettuce and Tomato</b> Caesar Dressing Minestrone Soup Whole Wheat Wrap</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Grilled Muenster Cheese Sandwich</b> Tomato Soup Coleslaw w/Carrots Whole Wheat Bread Brownie</p> <p><b>B. Baked Fish</b></p>
Tuesday, February 19 Dinner – 5 PM	Wednesday, February 20 Dinner – 5 PM	Friday, February 22 Lunch – 12 PM
<p><b>A. Baked Fish w/Lemon Herb Sauce</b> Stewed Tomatoes Grape Juice Brown Rice Rye Bread Applesauce Cake</p> <p><b>B. Chicken Salad Sandwich w/Lettuce and Tomato</b> Grape Juice Rye Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Pepper Steak</b> Oven Roasted Potatoes Coleslaw w/Carrots Whole Wheat Dinner Roll Tropical Fruit</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Baked Ziti (Meatless)</b> Italian Blended Veg. Whole Wheat Dinner Roll Chocolate Pudding</p> <p><b>B. Ham and Swiss Cheese Sandwich w/Lettuce and Tomato</b> Tomato Soup Pineapple Orange Juice Whole Wheat Bread</p> <p><b>C. Baked Fish</b></p>
Tuesday, February 26 Dinner – 5 PM	Wednesday, February 27 Dinner – 5 PM	
<p><b>A. Herb Chicken</b> Baked Sweet Potato w/Apples Spinich Whole Wheat Dinner Roll Brownie</p> <p><b>B. 2 Beef Tacos w/Shredded Cheese, Salsa, and Sour Cream</b> Spinach Salad w/Tomatoes &amp; Carrots French Dressing 2 Soft Whole Wheat Wraps</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Beef Lasagna w/Tomato Sauce</b> Italian Vegetables Rye Bread Ice Cream w/Strawberries</p> <p><b>B. Baked Fish</b></p>	

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*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*