

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

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

Tuesday, January 1 Dinner - 5 PM	Wednesday, January 2 Dinner - 5 PM	Friday, January 4 Lunch - 12 PM
<p>CLOSED</p> <p>HAPPY NEW YEAR!</p>	<p>A. Roast Turkey w/ Gravy and Wheat Stuffing and Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Pumpkin Pie</p> <p>B. Turkey and Swiss Cheese Wrap w/Lettuce and Tomato Minestrone Soup Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Grilled Munster Cheese Sandwich Tomato Soup Coleslaw w/ Carrots Apple Juice Whole Wheat Bread Brownie</p> <p>B. Baked Fish</p>
Tuesday, January 8 Dinner - 5 PM	Wednesday, January 9 Dinner - 5 PM	Friday, January 11 Lunch - 12 PM
<p>A. Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes Grape Juice Rice Rye Bread Birthday Cake w/Applesauce</p> <p>B. Chicken Salad Sandwich w/ lettuce and Tomato Spinach Salad w/ Dressing</p> <p>C. Chicken</p>	<p>A. Pepper Steak Oven Roasted Potatoes Coleslaw w/ Carrots Tropical Fruit Whole Wheat Dinner Roll</p> <p>B. Baked Fish</p>	<p>A. Baked Ziti (Meatless) Italian Blended Veg. Dinner Roll Chocolate Pudding</p> <p>B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato Tomato Soup Pineapple Orange Juice Whole Wheat Bread</p> <p>C. Baked Fish</p>

January 2019 – Menu

South Mall Dining

Tuesday, January 15 Dinner – 5 PM	Wednesday, January 16 Dinner – 5 PM	Friday, January 18 Lunch - 12 PM
<p>A. Herbed Chicken w/ Gravy Baked Sweet Potatoes w/apples Spinach Dinner Roll Brownie</p> <p>B. 2 Beef Tacos w/ Salsa and Sour Cream Spinach Salad French Dressing Whole Wheat Wraps</p> <p>C. Baked Fish</p>	<p>A. Beef Lasagna w/ Tomato Sauce Italian Vegetables Rye Bread Ice Cream w/ Strawberries</p> <p>B. Baked Fish</p>	<p>A. Tuna Salad Sandwich Hearty Bean Soup Pickled Beet Salad Apple Juice Brownie</p> <p>B. Chicken</p>
Tuesday, January 22 Dinner – 5 PM	Wednesday, January 23 Dinner – 5 PM	Friday, January 25 Lunch – 12 PM
<p>A. Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing Applesauce</p> <p>B. Roast Beef Sandwich w/ Lettuce and Tomato Cream of Broccoli Soup Rye Bread</p> <p>C. Baked Fish</p>	<p>A. Hot Open Faced Roast Beef Sandwich Mashed Potatoes Carrots Cranberry Juice Wheat Bread Chocolate Pudding</p> <p>B. Baked Fish</p>	<p>A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting</p> <p>B. Chicken</p>
Tuesday, January 29 Dinner – 5 PM	Wednesday, January 30 Dinner – 5 PM	
<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Dinner Roll Sliced Apples w/ Cinnamon and Whipped Topping</p> <p>B. Chicken Curry Salad on Bed of Lettuce Pasta Broccoli Salad</p> <p>C. Baked Fish</p>	<p>A. Baked Ham w Crushed Pineapple Mashed Sweet Potatoes Broccoli Dinner Roll Pumpkin Pie</p> <p>B. Baked Fish</p>	

January 2019 – Menu South Mall Dining

*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*