


Serving lunch on *Monday, Wednesday, and Thursday*: **Lunchtime 12 PM**
For reservations, call (518) 482-8916 by *1:30 PM the day before the meal.*

| Monday, February 4 | Wednesday, February 5 | Thursday, February 8 |
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| <p>A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Tapioca Pudding</p> <p>B. Chicken Salad Sandwich w/Lettuce and Tomato Pickled Beets Fresh Fruit Cup Whole Wheat Bread</p> <p>C. Chicken</p> | <p>A. Honey Mustard Chicken over Rice Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail</p> <p>B. Baked Fish</p> | <p>A. Beef Stew Dinner Salad Dinner Roll Lemon Pudding</p> <p>B. Turkey Sandwich w/Lettuce and Tomato Orange/Pineapple Juice Carrot & Raisin Salad Whole Wheat Bread</p> <p>C. Baked Fish</p> |
| Monday, February 11 | Wednesday, February 13 | Thursday, February 14 |
| <p>A. Chicken Cacciatore over Noodles California Blend Veg. Dinner Roll Vanilla Pudding</p> <p>B. Meatball Sub Salad w/Dressing Whole Wheat Bread</p> <p>C. Baked Fish</p> | <p>A. Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Blend Veg. Dinner Roll Pineapple Chunks</p> <p>B. Turkey and Swiss Cheese Wrap w/Tomato Caesar Dressing Minestrone Soup Whole Wheat Wrap</p> <p>C. Baked Fish</p> | <p>A. Shephard's Pie Brussel Sprouts Dinner Roll Fruit Cocktail</p> <p>B. Cottage Cheese, Egg and Peaches Platter Three Bean Salad</p> <p>C. Baked Fish</p> |

February 2019 – Menu

St. Vincent's Dining

| Monday, February 18 | Wednesday, February 20 | Thursday, February 21 |
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|  Closed President's Day | <p>A. Salisbury Steak w/Mushroom Gravy Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp</p> <p>B. Baked Fish</p> | <p>A. Turkey Tetrazzini over Spaghetti Beets Dinner Roll Mandarin Oranges</p> <p>B. Chicken Fajita w/Salsa and Sour Cream Black Beans Whole Wheat Wrap</p> <p>C. Baked Fish</p> |
| Monday, February 25 | Wednesday, February 27 | Thursday, February 28 |
| <p>A. Spaghetti w/Meat Sauce Dinner Salad Dinner Roll Tapioca Pudding</p> <p>B. Ham Salad Sandwich w/Lettuce and Tomato Orange Juice Coleslaw w/Carrots Rye Bread</p> <p>C. Baked Fish</p> | <p>A. Spanish Rice Carrots Corn Bread Pound Cake w/Blueberries</p> <p>B. Baked Fish</p> | <p>A. BBQ Pulled Pork Seasoned Red Roasted Potatoes Coleslaw w/Carrots Whole Wheat Buns Applesauce w/Cinnamon</p> <p>B. Chicken Pita Sandwich w/Hummus and Roasted Veggies. Potato Salad w/Carrots Whole Wheat Pita</p> <p>C. Baked Fish</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.** 1/22/2019*