



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, December 31	Wednesday, January 2	Thursday, January 3
<p style="text-align: center;">CLOSED</p>  <p style="text-align: center;">Happy New Year</p>	<p>A. Roast Pork w/Gravy Seasoned 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. Sheppard'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>
Monday, January 7	Wednesday, January 9	Thursday, January 10
<p>A. Cheeseburger w/ Swiss and Lettuce & Tomato Seasoned Roasted Potatoes Brussel Sprouts Whole Wheat Bun Blueberry Tart</p> <p>B. Tuna Salad Sandwich w/ Lettuce and Tomato Marinated Tomato & Cucumber Salad</p> <p>C. Baked Fish</p>	<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 Wraps</p> <p>C. Baked Fish</p>

January 2019 – Menu

St. Vincent's Dining

Monday, January 14	Wednesday, January 16	Thursday, January 17
<p>A. Spaghetti w/Meat Sauce Dinner Salad w. Italian Dressing 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 Bun Applesauce w/ Cinnamon</p> <p>B. Chicken Pita Sandwich w/ Hummus and Roasted Veg. Potato Salad w/ Carrots Whole Wheat Pita</p> <p>C. Baked Fish</p>
Monday, January 21	Wednesday, January 23	Thursday, January 24
 <p>Martin Luther King Jr. Day</p> <p style="font-size: 2em; font-weight: bold; margin-top: 20px;">Closed</p>	<p>A. Sweet & Sour Pork Over Rice Broccoli Dinner Roll Pineapple Chunks</p> <p>B. Baked Fish</p>	<p>A. Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread Pears w/ Vanilla Ice Cream</p> <p>B. Tuna Salad Sandwich w/ Lettuce and Tomato Potato Soup Grape Juice</p> <p>C. Baked Fish</p>

January 2019 – Menu

St. Vincent's Dining

Monday, January 28	Wednesday, January 30	Thursday, January 31
A. Mac & Cheese Stewed Tomatoes Whole Wheat Bread Peaches & Sugar Cookie	A. Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread Pound Cake w/ Mixed Berries	A. Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread Pumpkin Pudding
B. BLT Chicken Pasta Salad V-8 Juice	B. Baked Fish	B. Seafood Salad in a Pita w/ Lettuce and Tomato Dinner Salad w/ Italian Dressing Apple Juice Whole Grain Pita
C. Baked Fish		C. Baked Fish

*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*