


Serving lunch **Monday thru Friday at 12:00 PM**
For reservations, call (518) 273-6480 by *2:00 pm the day before the meal.*

Monday, December 31	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	<p>CLOSED</p>  <p>Happy New Year</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</p> <p>C. Baked Fish</p>	<p>A. Sheppard's Pie Brussels Sprouts Dinner Roll Fruit Cocktail</p> <p>B. Cottage Cheese Egg and Peaches Platter Three Bean Salad</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>


January 2019 – Menu

Watervliet Senior Citizens Center

Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<p>A. Cheeseburger w/Swiss Cheese Lettuce & Tomato Seasoned Oven Roasted Potatoes Brussels 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. Chicken w/ Gravy Mashed Potatoes Broccoli Apple Juice Whole Wheat Bread Chocolate Pudding</p> <p>B. Chicken Salad Sandwich w/ lettuce and Tomato Spinach Salad w/ Dressing Grape Juice Rye Bread</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>	<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>
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
<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 Rye Bread</p> <p>C. Baked Fish</p>	<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. 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 Veggies Potato Salad w/Carrots Whole Wheat Pita</p> <p>C. Baked Fish</p>	<p>A. Tuna Salad Sandwich Hearty Bean Soup Pickled Beet Salad Apple Juice Brownie</p> <p>B. Chicken</p>

January 2019 – Menu

Watervliet Senior Citizens Center

Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
<p>CLOSED</p>  <p>Martin Luther King Jr. Day</p>	<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. 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 Whole Wheat Bread</p> <p>C. 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>
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
<p>A. Mac & Cheese Stewed Tomatoes <i>Whole Wheat Bread</i> <i>Peaches & Sugar Cookie</i></p> <p>B. BLT Chicken Pasta Salad V-8 Juice</p> <p>C. Baked Fish</p>	<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. Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread Pound Cake w/ Mixed Berries</p> <p>B. Baked Fish</p>	<p>A. Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread Pumpkin Pudding</p> <p>B. Seafood Salad in a Pita w/ Lettuce and Tomato Dinner Salad w/ Italian Dressing Apple Juice</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. 1/9/2019