


Serving Lunch Monday thru Friday at 12:00 PM and serving Dinner on Wednesdays at 5:00 PM  
For reservations, **please call (518) 482-2120 by 1:30** the day **before** the meal.

**Lunch Menu**

				<b>Friday, February 1</b>
				<b>A. 2 Lasagna Roll-up</b> Spinach & Mandarin Salad Whole Wheat Bread Cherry Crisp  <b>B. Baked Fish</b>
<b>Monday, February 4</b>	<b>Tuesday, February 5</b>	<b>Wednesday, February 6</b>	<b>Thursday, February 7</b>	<b>Friday, February 8</b>
<b>A. Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll Tapioca Pudding  <b>B. Chicken Salad Sandwich w/Lettuce &amp; Tomato</b> Pickled Beets Fresh Fruit Cup Whole Wheat Bread  <b>C. Chicken</b>	<b>A. Meatloaf w/Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower Whole Wheat Bread Birthday Cake w/Applesauce  <b>B. Chef Salad w/Muenster Cheese, Turkey &amp; Hard Boiled Egg</b> Ranch Dressing Whole Wheat Roll  <b>C. Baked Fish</b>	<b>A. Honey Mustard Chicken Over Rice</b> Seasoned Zucchini & Tomatoes Dinner Roll Fruit Cocktail  <b>B. Baked Fish</b>	<b>A. Beef Stew</b> Dinner Salad Dinner Roll Lemon Pudding  <b>B. Turkey Sandwich w/Lettuce &amp; Tomato</b> Orange/Pineapple Juice Carrot & Raisin Salad Whole Wheat Bread  <b>C. Baked Fish</b>	<b>A. Mac &amp; Cheese</b> Stewed Tomatoes Pineapple/Orange Juice Whole Wheat Bread Brownie  <b>B. Egg Salad Sandwich w/Lettuce &amp; Tomato</b> Butternut Squash Soup Whole Wheat Roll  <b>C. Baked Fish</b>

# February 2019 – Menu

Westview Dining

Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
<p><b>A. Chicken Cacciatore Over Noodles</b> California Blend Veg. Dinner Roll Vanilla Pudding</p> <p><b>B. Meatball Sub</b> Dinner Salad w/Dressing Whole Wheat Bun</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Chili Con Carne</b> Spinach Corn Bread Apple Crisp</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roast Pork w/Gravy</b> Seasoned Roasted Potatoes Prince Edward Blend Veg. Dinner Roll Pineapple Chunks</p> <p><b>B. Turkey &amp; Swiss Cheese Wrap w/Tomato</b> Caesar Dressing Minestrone Soup Whole Wheat Wrap</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Shephard's Pie</b> Brussel Sprouts Dinner Roll Fruit Cocktail</p> <p><b>B. Cottage Cheese, Egg, and Peaches Platter</b> Three Bean Salad</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Grilled Muenster Cheese Sandwich</b> Tomato Soup Coleslaw w/Carrots Apple Juice Whole Wheat Bread Brownie</p> <p><b>B. Baked Fish</b></p>
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
<p><b>CLOSED</b></p>  <p><b>President's Day</b></p>	<p><b>A. Baked Fish w/Lemon Herb Sauce</b> Stewed Tomatoes Grape Juice Rice Rye Bread Applesauce Cake</p> <p><b>B. Chicken Salad Sandwich w/Lettuce &amp; Tomato</b> Spinach Salad w/Dressing</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Salisbury Steak w/Mushroom Gravy</b> Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Turkey Tetrazzini over Spaghetti</b> Beets Dinner Rolls Mandarin Oranges</p> <p><b>B. Chicken Fajita w/Salsa &amp; Sour Cream</b> Black Beans Whole Wheat Wrap</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Baked Ziti (meatless)</b> Italian Blended Veg. Dinner Roll Chocolate Pudding</p> <p><b>B. Ham &amp; Swiss Cheese w/Lettuce &amp; Tomato</b> Tomato Soup Pineapple/Orange Juice Whole Wheat Bread</p> <p><b>C. Baked Fish</b></p>

# February 2019 – Menu

Westview Dining

Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	
<b>A. Spaghetti w/Meat Sauce</b> Dinner Salad Dinner Roll Tapioca Pudding	<b>A. Herbed Chicken w/Gravy</b> Baked Sweet Potatoes w/Apples Spinach w/apples Dinner Roll Brownie	<b>A. Spanish Rice</b> Carrots Corn Bread Pound Cake w/Blueberries	<b>A. BBQ Pulled Pork</b> Seasoned Red Roasted Potatoes Coleslaw w/Carrots Whole Wheat Bun Applesauce w/Cinnamon	
<b>B. Ham Salad Sandwich w/Lettuce &amp; Tomato</b> Orange Juice Coleslaw w/Carrots Rye Bread	<b>B. 2 Beef Tacos w/Salsa &amp; Sour Cream</b> Spinach w/Tomato & Carrots French Dressing Whole Wheat Wraps	<b>B. Baked Fish</b>	<b>B. Chicken Pita Sandwich w/Hummus &amp; Roasted Veg.</b> Potato Salad w/Carrots Whole Wheat Pita	
<b>C. Baked Fish</b>	<b>C. Baked Fish</b>		<b>C. Baked Fish</b>	

## Dinner Menu

*Dinner is Served Every Wednesday at 5:00 PM.*

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

Wednesday, February 6	Wednesday, February 13	Wednesday, February 20	Wednesday, February 27	
<b>A. Beef Tips w/Gravy over Noodles</b> Brussel Sprouts Orange Juice Wheat Bread Apple Pie	<b>A. Roasted Turkey w/Gravy</b> Wheat Stuffing Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Lemon Meringue	<b>A. Pepper Steak</b> Oven Roasted Potatoes Coleslaw w/Carrots Whole Wheat Roll Tropical Fruit	<b>A. Beef Lasagna w/ Tomato Sauce</b> Italian Veg. Rye Bread Ice Cream w/Strawberries	
<b>B. Baked Fish</b>	<b>B. Baked Fish</b>	<b>B. Baked Fish</b>	<b>B. Baked Fish</b>	

# February 2019 – Menu

## Westview Dining

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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. 1/22/2019*