


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

Monday	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	<p style="text-align: center;">CLOSED</p>  <p style="text-align: center;">Happy New Years</p>	<p>A. Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island 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>	<p>A. Grilled Muenster Cheese Sandwich Tomato Soup Coleslaw w/ carrots Apple Juice Whole Wheat Bread Brownie</p> <p>B. Baked Fish</p>


January 2019 – Menu

Westview Dining

Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<p>A. Cheeseburger w/ Swiss Cheese 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. Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes Grape Juice Rice Rye Bread Birthday Cake and Applesauce</p> <p>B. Chicken Salad Sandwich w/ Lettuce and Tomato Spinach Salad w/ Dressing</p> <p>C. Chicken</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 Wrap</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/ Italian Dressing 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 Wrap</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/ Cinn.</p> <p>B. Chicken Pita Sandwich w/ Hummus and Roasted Veg. 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

Westview Dining

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>Martin Luther King 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 Whole Wheat Bread Peaches & Sugar Cookie</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/Cinn. 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 Whole Grain Pita</p> <p>C. Baked Fish</p>	

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, January 2	Wednesday, January 9	Wednesday, January 16	Wednesday, January 23	Wednesday, January 30
A. Roast Turkey w/ Gravy and Wheat Stuffing and Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Pumpkin Pie	A. Pepper Steak Oven Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Dinner Roll Tropical Fruit	A. Beef Lasagna w/ Tomato Sauce Italian Vegetables Rye Bread Ice Cream w/ Strawberries	A. Hot Open Faced Roast Beef Sandwich Mashed Potatoes Carrots Cranberry Juice Whole Wheat Bread Chocolate Pudding	A. Baked Ham w Crushed Pineapple Mashed Sweet Potatoes Broccoli Dinner Roll Pumpkin Pie
B. Baked Fish	B. Baked Fish	B. Baked Fish	B. Baked Fish	B. 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. 1/9/2019