



MARCH 2019

LifePath Living Center

80 Central Avenue, Albany, NY

Lunch 12:30 PM · For reservations call 518-465-3322 by 1:30 pm the day before the meal.

Monday	Tuesday	Wednesday	Thursday	Friday 1
				A. Tuna Salad Sandwich Hearty Bean Soup Pickled Beet Salad Apple Juice Whole Wheat Bread Brownie B. Chicken
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
A. Chicken Chow Mein on Spaghetti Asian Veg. Whole Wheat Bread <i>Strawberries w/ Whipped Topping</i> B. BLT Sandwich Three Bean Salad C. Baked Fish	A. Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing <i>Birthday Cake /Applesauce</i> B. Roast Beef Sandwich w/ Lettuce and Tomato Cream of Broccoli Soup Rye Bread C. Baked Fish	A. 2 Lasagna Roll-up w/ Marinara Sauce Dinner Salad Dinner Roll <i>Pineapple Chunks</i> C. Baked Fish	A. Meatloaf w/ Gravy Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears w/ Vanilla Ice Cream</i> B. Tuna Salad Sandwich w/ Lettuce and Tomato Potato Soup Grape Juice Whole Wheat Bread C. Baked Fish	A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting B. Chicken
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
A. Mac & Cheese Stewed Tomatoes Whole Wheat Bread <i>Peaches & Sugar Cookie</i> B. BLT Chicken Bowtie Pasta Salad V-8 Juice Whole Wheat Bread C. Baked Fish	A. Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Dinner Roll <i>Sliced Apples w/ Cinnamon and Whipped Topping</i> B. Chicken Curry Salad on Bed of Lettuce Pasta Broccoli Salad C. Baked Fish	A. Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread <i>Pound Cake w/ Mixed Berries</i> B. Baked Fish	A. Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread <i>Pumpkin Pudding</i> B. Seafood Salad in a Pita w/ Lettuce and Tomato Dinner Salad w/ Italian Dressing Apple Juice C. Baked Fish	A. 2 Lasagna Roll-up Spinach and Mandarin Salad Whole Wheat Bread <i>Cherry Crisp</i> B. Baked Fish

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i></p> <p>B. Chicken Salad Sandwich w/ Lettuce and Tomato Pickled Beets Whole Wheat Bread <i>Fresh Fruit Cup</i></p> <p>C. Chicken</p>	<p>A. Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Whole Wheat Bread <i>Pound Cake w/ Strawberries and Whip Topping</i></p> <p>B. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing</p> <p>C. Baked Fish</p>	<p>A. Honey Mustard Chicken Over Rice Seasoned Zucchini and Tomatoes Dinner Roll <i>Fruit Cocktail</i></p> <p>B. Baked Fish</p>	<p>A. Beef Stew Dinner Salad w/ Italian Dressing Dinner Roll <i>Lemon Pudding</i></p> <p>B. Turkey Sandwich w/ Lettuce and Tomato Orange Pineapple Juice Carrot & Raisin Salad Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. Mac & Cheese Stewed Tomatoes Whole Wheat Bread Pineapple/ Orange Juice <i>Brownie</i></p> <p>B. Egg Salad Sandwich w/ Lettuce and Tomato Butternut Squash Soup</p> <p>C. Baked Fish</p>
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p>A. Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll <i>Vanilla Pudding</i></p> <p>B. Meatball Sub Salad w/Dressing Whole Wheat Hotdog Bun</p> <p>C. Baked Fish</p>	<p>A. Chili Con Carne Spinach Corn Bread <i>Apple Crisp</i></p> <p>B. Baked Fish</p>	<p>A. Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll <i>Pineapple Chunks</i></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 Brussel Sprouts Dinner Roll <i>Fruit Cocktail</i></p> <p>B. Cottage Cheese Hard Boiled 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 <i>Brownie</i></p> <p>B. Baked Fish</p>