



Offering Choice, Independence
and Dignity

MARCH 2019

Helderberg Senior Center Dining

1360 Helderberg Trail. Berne

Lunch 12:00 PM

For reservations call Karen Stark at 518-937-5963 by 10:00 am the day before the meal.

Monday	Tuesday	Friday
		1
		A. Tuna Salad Sandwich Hearty Bean Soup Pickled Beets Salad Apple Juice Whole Wheat Bread <i>Brownie</i> B. Chicken
4	5	8
A. Chicken Chow Mein Over 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 and Applesauce</i> B. Roast Beef Sandwich w/ Lettuce and Tomato Cream of Broccoli Soup Rye Bread C. Baked Fish	A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread <i>Lemon cake w/ Frosting</i> B. Chicken
11	12	15
A. Mac & Cheese Stewed Tomatoes Whole Wheat Bread <i>Peaches & Sugar Cookie</i> B. BLT Chicken BowTie Pasta Salad V-8 Juice C. Baked Fish	A. Pork Roast w/ Gravy 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. 2 Lasagna Roll-up Spinach and Mandarin Salad Italian Dressing Whole Wheat Bread <i>Cherry Crisp</i> B. Baked Fish
18	19	22
A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i> B. Chicken Salad Sandwich w/ Lettuce and Tomato Pickled Beets Fresh Fruit Cup Whole Wheat Bread C. Chicken	A. Meatloaf w/ Tomato Gravy Oven Roasted Potatoes Cauliflower Whole Wheat Bread <i>Pound Cake w/ Strawberries and Whip Topping</i> B. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing C. Baked Fish	A. Mac & Cheese Stewed Tomatoes <i>Pineapple/ Orange Juice</i> Whole Wheat Bread <i>Brownie</i> B. Egg Salad Sandwich w/ Lettuce and Tomato Butternut Squash Soup C. Baked Fish

25	26	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. Grilled Munster Cheese Sandwich</p> <p>Tomato Soup Coleslaw w/ Carrots Apple Juice Whole Wheat Bread <i>Brownie</i></p> <p>B. 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.***

3/1/2019