



# MARCH 2019

## Cohoes Senior Center Dining

10 Cavuga Plaza, Cohoes, NY 12047

Lunch 12:00 PM • For reservations call 518-235-2420 by 4:00 pm the day before the meal.

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

18	19	20	21	22
<p><b>A. Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i></p> <p><b>B. Baked Chicken</b></p> <p><b>C. Chicken Salad Sandwich on Whole Wheat Bread w/ Lettuce and Tomato</b> Pickled Beets Fresh Fruit Cup</p>	<p><b>A. Meatloaf w/Tomato Gravy</b> Oven Roasted Potatoes Cauliflower Whole Wheat Bread <i>Pound Cake w/ Strawberries and Whip Topping</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg</b> Ranch Dressing</p>	<p><b>A. Honey Mustard Chicken Over Rice</b> Seasoned Zucchini and Tomatoes Dinner Roll <i>Fruit Cocktail</i></p> <p><b>B. Baked Fish</b></p>	<p><b>A. Beef Stew</b> Dinner Salad Dinner Roll <i>Lemon Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Turkey Sandwich on Whole Wheat Bread w/ Lettuce and Tomato</b> Orange Pineapple Juice Carrot &amp; Raisin Salad</p>	<p><b>A. Mac &amp; Cheese</b> Stewed Tomatoes Pineapple/ Orange Juice Whole Wheat Bread <i>Brownie</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Egg Salad Sandwich on Whole Wheat Bread w/ Lettuce and Tomato</b> Butternut Squash Soup</p>
25	26	27	28	29
<p><b>A. Chicken Cacciatore Over Noodles</b> California Blend Vegetables Dinner Roll <i>Vanilla Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Meatball Sub on Whole Wheat Roll</b> Tossed Salad</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 Oven Roasted Potatoes Prince Edward Island Blend Vegetables Dinner Roll <i>Pineapple Chunks</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Turkey and Swiss Cheese Wrap (Whole Wheat) w/ Lettuce &amp; Tomato</b> Caesar Dressing Minestrone Soup</p>	<p><b>A. Sheppard's Pie</b> Brussels Sprouts Dinner Roll <i>Fruit Cocktail</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Cottage Cheese Platter w/Hard Boiled Egg and Peaches</b> Three Bean Salad Whole Wheat Dinner Roll</p>	<p><b>A Grilled Munster Cheese Sandwich on Whole Wheat Bread</b> Tomato Soup Coleslaw w/ Carrots Apple Juice <i>Brownie</i></p> <p><b>B. Baked Fish</b></p>

*This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. All Albany County congregate meal programs allow for a suggested contribution of \$3.00.*

*Contributions are very much appreciated and go directly to support and expand the congregate meal program.*

***Contributions are voluntary, confidential, and purely optional.***

*All seniors are welcome and encouraged to attend our meal program. Please make a reservation to assure we have a meal available at the meal program you would like to attend. No one will be turned away due to an inability to make a contribution.*

All meals are served with milk. Some items may be subject to last-minute **substitution**.



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10 Cayuga Plaza, Cohoes, NY 12047 *Dinner 5:00 PM • Please call 518-235-2420 by 4:00 pm the day before the meal.*

MONDAY	TUESDAY 5	WEDNESDAY	THURSDAY 7	FRIDAY
	<b>A. Stuffed Peppers w/Sauce</b> Spinach & Mandarin Salad Dinner Roll <i>Cherry Crisp</i>  <b>B. Baked Fish</b>		<b>A. Roast Pork w/ Gravy</b> O'Brien Potatoes Carrots Dinner Roll <i>Sliced Apples w/ Cinnamon</i>  <b>B. Baked Fish</b>	
	12		14	
	<b>A. Beef Lasagna</b> Italian Vegetables Grape Juice Rye Bread <i>Ice Cream</i>  <b>B. Baked Fish</b>		<b>A. Corned Beef &amp; Cabbage</b> Potatoes and Carrots Rye Bread <i>Strawberries with Cream</i>  <b>B. Baked Fish</b>	
	19		21	
	<b>A. Chicken w/ Peas and Carrots in Gravy</b> Mashed Potatoes Biscuit Blueberry Tart w/ <i>Whipped Topping</i>  <b>B. Baked Fish</b>		<b>A. Pepper Steak</b> Rice Cauliflower Rye Bread <i>Ice Cream</i>  <b>B. Baked Fish</b>	
	26		28	
	<b>A. Roast Beef w/ Gravy</b> Mashed Potatoes Green Beans Dinner Roll <i>Fruit Salad</i>  <b>B. Baked Fish</b>		<b>A. Mac &amp; Cheese</b> Stewed Tomato Dinner Roll <i>Peaches &amp; Cream</i>  <b>B. Baked Fish</b>	

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