



MARCH 2019 South Mall Dining

101 S. Pearl Street, Albany For reservations call 518-482-2120 by 1:30 pm the day before the meal.

Tuesday <u>Dinner 5 PM</u>	Wednesday <u>Dinner 5 PM</u>	Friday 1 <u>Lunch 12 PM</u>
		<p>A. Tuna Salad Sandwich Hearty Bean Soup Pickled Beets Salad Apple Juice Whole Wheat Bread <i>Brownie</i></p> <p>B. Chicken</p>
Tuesday 5	Wednesday 6	Friday 8
<p>A. Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing <i>Birthday Cake/ Applesauce</i></p> <p>B. Roast Beef Sandwich w/ Lettuce and Tomato Cream of Broccoli Soup Rye Bread</p> <p>C. Baked Fish</p>	<p>A. 2 Lasagna Roll-ups w/ Marinara Dinner Salad Dinner Roll <i>Pinapple Chunks</i></p> <p>B. Baked Fish</p>	<p>A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread <i>Lemon Cake w/ Frosting</i></p> <p>B. Chicken</p>
Tuesday 12	Wednesday 13	Friday 15
<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Dinner Roll <i>Sliced Apples w/ Cinnamon and Whipped Topping</i></p> <p>B. Chicken Curry Salad on Bed of Lettuce Pasta Broccoli Salad</p> <p>C. Baked Fish</p>	<p>A. Corned Beef Boiled Cabbage Boiled Potatoes Carrots Rye Bread <i>Strawberries with Cream</i></p> <p>B. Baked Fish</p>	<p>A. 2 Lasagna Roll-ups Spinach and Mandarin Salad Italian Dressing Whole Wheat Bread <i>Cherry Crisp</i></p> <p>B. Baked Fish</p>

Tuesday 19	Wednesday 20	Friday 22
<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. Beef Tips w/ Gravy Over Noodles Brussels Sprouts Orange Juice Whole Wheat Bread <i>Apple Pie</i></p> <p>B. Baked Fish</p>	<p>A. Mac & Cheese Stewed Tomatoes Pineapple/ Orange Juice Whole Wheat Bread <i>Brownie</i></p> <p>B. Egg Salad Sandwich w/ Lettuce and Tomato Butternut Squash Soup</p> <p>C. Baked Fish</p>
Tuesday 26	Wednesday 27	Friday 29
<p>A. Chili Con Carne Spinach Corn Bread <i>Apple Crisp</i></p> <p>B. Baked Fish</p>	<p>A. Roast Turkey w/ Gravy and Wheat Stuffing and Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Whole Wheat Stuffing <i>Lemon Meringue Pie</i></p> <p>B. 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>

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 milk. Some items may be subject to last-minute substitution. 3/1/2019