



MARCH 2019

St. Vincent Dining

475 Yates Street, Albany, NY

Lunch 12:00 PM · For reservations call 518 482-8916 by
1:30 pm the day before the meal.

Monday 4	Wednesday 6	Thursday 7
<p>A. Chicken Chow Mein w/ Spaghetti Asian Veg. Whole Wheat Bread <i>Strawberries w/ Whipped Topping</i></p> <p>B. BLT Sandwich Three Bean Salad</p> <p>C. Baked Fish</p>	<p>A. Lasagna Roll-Ups w/ Marinara Romaine Lettuce w/ Tomato, Carrots, and Cucumbers Dinner Roll <i>Pineapple Chunks</i></p> <p>B. Baked Fish</p>	<p>A. Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears w/ Vanilla Ice Cream</i></p> <p>B. Tuna Salad Sandwich w/ Lettuce and Tomato Potato Soup Grape Juice Whole Wheat Bread</p> <p>C. Baked Fish</p>
Monday 11	Wednesday 13	Thursday 14
<p>A. Mac & Cheese Stewed Tomatoes Whole Wheat Bread <i>Peaches & Sugar Cookie</i></p> <p>B. BLT Chicken Bowtie Pasta Salad V-8 Juice</p> <p>C. Baked Fish</p>	<p>A. Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread <i>Pound Cake w/ Mixed Berries</i></p> <p>C. Baked Fish</p>	<p>A. Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread <i>Pumpkin Pudding</i></p> <p>B. Seafood Salad in a Pita w/ Lettuce and Tomato Dinner Salad w/ Italian Dressing Whole Grain Pita Apple Juice</p> <p>C. Baked Fish</p>
Monday 18	Wednesday 20	Thursday 21
<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 Fresh Fruit Cup Whole Wheat Bread</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>

C. Chicken		
Monday 25	Wednesday 27	Thursday 28
<p>A. Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll <i>Vanilla Pudding</i></p> <p>B. Meatball Sub Dinner Salad /Italian Dressing Whole Wheat Hotdog Bun</p> <p>C. 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/ Lettuce Tomato Caesar Dressing Minestrone Soup Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Sheppard's Pie Brussel Sprouts Dinner Roll <i>Fruit Cocktail</i></p> <p>B. Cottage Cheese Egg and Peaches Platter w/ Lettuce Three Bean Salad</p> <p>C. 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