

Monday	Tuesday	Wednesday	Thursday	Friday
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				<p>A. Tuna Salad Sandwich Hearty Bean Soup Pickled Beets Salad Apple Juice Whole Wheat Bread <i>Brownie</i></p> <p>B. Chicken</p>
4	5	6	7	8
<p>A. Chicken Chow Mein over 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. Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing <i>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. Lasagna Roll-Up w/ Marinara Romaine Lettuce w/Tomato, Carrots, and Cucumbers Whole Wheat Dinner Roll <i>Pineapple Chunks</i></p> <p>C. 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>	<p>A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread <i>Lemon cake w/ Frosting</i></p> <p>B. Chicken</p>
11	12	13	14	15
<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. Pork Roast w/ Gravy 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. 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 Apple Juice</p> <p>C. Baked Fish</p>	<p>A. 2 Lasagna Roll-up Spinach and Mandarin Salad Whole Wheat Bread <i>Cherry Crisp</i></p> <p>B. Baked Fish</p>

18	19	20	21	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 Fresh Fruit Cup Whole Wheat Bread</p> <p>C. Chicken</p>	<p>A. Meatloaf w/Tomato Gravy 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. Chicken w/ Gravy Mashed Potatoes Peas & Carrots Whole Wheat Biscuit <i>Blueberry Tart w/ Whipped Cream</i></p> <p>B. Baked Fish</p>	<p>A. Beef Stew Dinner Salad 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 Pineapple/ Orange Juice Whole Wheat Bread <i>Brownie</i></p> <p>B. Egg Salad Sandwich w/ Lettuce and Tomato Butternut Squash Soup Whole Wheat Bread</p> <p>C. Baked Fish</p>
25	26	27	28	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 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 Whole Wheat Wrap</p> <p>C. Baked Fish</p>	<p>A. Sheppard's Pie Brussels Sprouts Dinner Roll <i>Fruit Cocktail</i></p> <p>B. Cottage Cheese Hard Boiled Egg and Peaches Platter w/ Lettuce 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. Chicken</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. 3/1/2019