



Offering Choice, Independence
and Dignity

MARCH 2019

Westview Dining

680 Central Avenue, Albany, NY

Lunch 12:00 PM · For reservations call 518-482-2120 by
1:30 pm the day before the meal.

Monday	Tuesday	Wednesday	Thursday	Friday 1
				A. Tuna Salad Sandwich Hearty Bean Soup Pickled Beets Salad Apple Juice Whole Wheat Bread <i>Brownie</i> B. Chicken
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
A. Chicken Chow Mein Asian Veg. Whole Wheat Bread <i>Strawberries w/ Whipped Topping</i> B. Turkey Bacon Lettuce and Tomato Sandwich Three Bean Salad C. Baked Fish	A. Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing <i>Applesauce</i> B. Roast Beef Sandwich w/ Lettuce and Tomato Cream of Broccoli Soup C. Baked Fish	A. Sweet & Sour Pork Over Rice Broccoli Dinner Roll Pineapple Chunks C. Baked Fish	A. Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears w/ Vanilla Ice Cream</i> B. Tuna Salad Sandwich w/ Lettuce and Tomato Potato Soup Grape Juice C. Baked Fish	A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread <i>Lemon cake w/ Frosting</i> B. Chicken

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p>A. Mac & Cheese Stewed Tomatoes Whole Wheat Bread <i>Peaches & Sugar Cookie</i></p> <p>B. BLT Chicken Pasta Salad V-8 Juice</p> <p>C. Baked Fish</p>	<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. 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>
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 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</p> <p>C. Chicken</p>	<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. 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 Dinner Roll <i>Lemon Pudding</i></p> <p>B. Turkey Sandwich w/ Lettuce and Tomato Orange Pineapple Juice Carrot & Raisin Salad</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</p> <p>C. Baked Fish</p>
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p>A. Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll <i>Vanilla Pudding</i></p> <p>B. Meatball Sub Salad w/Dressing</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 Seasoned 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</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 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. Baked Fish</p>



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March 2019
Westview Dining
680 Central Avenue, Albany, NY
Dinner 5:00 PM · For reservations call 518-482-2120 by 1:30 pm
the day before the meal.

Monday	Tuesday	Wednesday 6	Thursday	Friday
		A. Lasagna Roll-Up w/ Marinara Romaine Lettuce w/Tomato, Carrots, and Cucumbers Whole Wheat Dinner Roll <i>Pineapple Chunks</i> C. Baked Fish		
		Wednesday 13		
		A. Corned Beef Boiled Cabbage Boiled Potatoes Carrots Rye Bread <i>Blueberry Tart w/ whipped cream Topping</i> B. Baked Fish		
		Wednesday 20		
		A. Beef Tips w/ Gravy Over Noodles Brussels Sprouts Orange Juice Whole Wheat Bread <i>Apple Pie</i> B. Baked Fish		
		Wednesday 27		
		A. Roast Turkey w/ Gravy and Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Whole Wheat Stuffing <i>Lemon Meringue Pie</i> B. Baked Fish		

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