



April -June- 2019
Chapman Center Senior Dining Program
 340 First Street, Albany, NY
 Lunch 12:00 PM

*For reservations call Capital Area Council Of Churches 518-562-5450
 by noon on Monday*

	Tuesday 4/2	Tuesday 4/9
	<p>A. Beef Tips w/ Gravy over Noodles Parsley Carrots Blended Fruit Juice Whole Wheat Bread Rice Pudding</p> <p>B. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing Fruit Juice</p> <p align="center">C. Baked Fish</p>	<p>A. Baked Chicken w/Mushroom Gravy Green Beans Sweet Potatoes Rye Bread Strawberries Shortcake</p> <p>B. Turkey and Swiss Cheese Sandwich w/ Lettuce and Tomato and Creaser dressing Coleslaw w/Carrots V-8 Juice Whole Wheat Bread</p> <p align="center">C. Baked Fish</p>
Tuesday 4/16	Tuesday 4/23	Tuesday 4/30
<p>A. Mac & Cheese Seasoned Zucchini & Tomatoes Dinner Roll Pineapple</p> <p>B. Tuna Sandwich w/ Lettuce & Tomato Spinach Salad w/ Mandarin Oranges Whole Wheat Bread</p> <p align="center">C. Baked Fish</p>	<p>A. Oregano Lemon Chicken California Blend Garlic Rosemary Red Potatoes Rye Bread Applesauce Cake</p> <p>B. Roast Beef Sandwich w/Lettuce & Tomato Carrot Raisin Salad Pineapple/Orange Juice</p> <p align="center">C. Baked Fish</p>	<p>A. Sloppy Joe Roasted Red Potatoes Sautéed Summer Squash Whole Wheat Bun Rice Pudding</p> <p>B. Chicken Taco Salad w/Shredded Lettuce and Cheese and Salsa Coleslaw Blended Fruit Juice Taco Bowl</p> <p align="center">C. Baked Fish</p>
Tuesday 5/7	Tuesday 5/14	Tuesday 5/21
<p>A. 2 Lasagna Roll-Ups Dinner Salad Dinner Roll Peaches & Cream</p> <p>B. Seafood Salad Sandwich w/ Lettuce & Tomato Broccoli Salad Whole Wheat Hotdog Bun</p> <p align="center">C. Baked Fish</p>	<p>A. Beef Tips w/ Gravy over Noodles Parsley Carrots Blended Fruit Juice Whole Wheat Bread Rice Pudding</p> <p>B. Chef Salad w/ Munster Cheese, Turkey and Ham and Hard Boiled Egg Ranch Dressing Fruit Juice</p> <p align="center">C. Baked Fish</p>	<p>A. Baked Chicken w/Mushroom Gravy Green Beans Sweet Potatoes Rye Bread Strawberries Shortcake</p> <p>B. Turkey and Swiss Cheese Wrap w. Lettuce and Tomato Coleslaw w/ Carrots V-8 Juice Whole Wheat Bread</p> <p align="center">C. Baked Fish</p>

Tuesday 5/28	Tuesday 6/4	Tuesday 6/11
<p>A. Mac & Cheese Seasoned Zucchini & Tomatoes Dinner Roll Pineapple</p> <p>B. Tuna Sandwich w/ Lettuce & Tomato Spinach Salad w/ Mandarin Oranges Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. Oregano Lemon Chicken California Blend Garlic Rosemary Red Potatoes Rye Bread Applesauce Cake</p> <p>B. Roast Beef Sandwich w/Lettuce & Tomato Carrot Raisin Salad Pineapple/Orange Juice</p> <p>C. Baked Fish</p>	<p>A. Sloppy Joe Roasted Red Potatoes Sautéed Summer Squash Whole Wheat Bun Rice Pudding</p> <p>B. Chicken Taco Salad w/Shredded Lettuce and Cheese and Salsa Coleslaw Fruit Juice Taco Bowl</p> <p>C. Baked Fish</p>
Tuesday 6/18	Tuesday 6/25	
<p>A. 2 Lasagna Roll-Ups Dinner Salad Dinner Roll Peaches & Cream</p> <p>B. Seafood Salad Sandwich w/ Lettuce & Tomato Broccoli Salad Whole Wheat Hotdog Bun</p> <p>C. Baked Fish</p>	<p>A. Beef Tips w/ Gravy over Noodles Parsley Carrots Blended Fruit Juice Whole Wheat Bread Rice Pudding</p> <p>B. Chef Salad w/ Munster Cheese, Turkey and Ham and Hard Boiled Egg Ranch Dressing Fruit Juice</p> <p>C. Baked Fish</p>	

*This Congregate Dining Program 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. 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 programs and no one **with a reservation** 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 **substitution.***