



**MAY 2019**

**LifePath Living Center**

80 Central Avenue, Albany, NY

*Lunch 12:30 PM · For reservations call( 518)512-2725 EXT 2 by 1:30 pm the day before the meal.*

Monday	Tuesday	Wednesday1	Thursday2	Friday 3
		<p><b>A. Chicken Parmesan</b> Dinner Salad Pasta Whole Wheat Bread Strawberries w/ Whipped Topping</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Pepper Steak w/ Onion Over Noodles</b> Beets Whole Wheat Bread Lemon Cake</p> <p><b>B. Tuna Salad Sandwich w/Lettuce &amp; Tomato</b> Carrot Raisin Salad Grape Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Turkey Reuben Sandwich</b> Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p> <p><b>C. Baked Fish</b></p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p><b>A. Chicken Divan</b> w/ Broccoli, Carrots and Pasta Whole Wheat Bread Tropical Fruit Salad</p> <p><b>B. Baked Fish</b></p>	<p><b>A. 2 Lasagna Roll-Ups</b> Dinner Salad Dinner Roll Peaches &amp; Cream</p> <p><b>B. Seafood Salad Sandwich w/ Lettuce &amp; Tomato</b> Broccoli Salad Whole Wheat Hotdog Bun</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Ham &amp; Bean Casserole</b> Spinach Grape Juice Corn Bread Lemon Pudding</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roasted Turkey w/Gravy</b> Mashed potatoes Broccoli &amp; Cauliflower Whole Wheat Stuffing Applesauce Cake</p> <p><b>B. Ham Salad Sandwich w/Lettuce &amp; Tomato</b> Macaroni Salad Three Bean Salad Rye Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Shrimp Scampi over Pasta</b> Sautéed Summer Squash Dinner Salad Whole Wheat Dinner Roll Black Forest Cake</p> <p><b>C. Baked Chicken</b></p>

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p><b>A. BBQ Chicken</b> California Blended Veggies Oven Roasted Sweet Potatoes Dinner Roll Oatmeal Raisin Cookie</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Beef Tips w/ Gravy over Noodles</b> Parsley Carrots Blended Fruit Juice Whole Wheat Bread Rice Pudding</p> <p><b>B. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg</b> Ranch Dressing Fruit Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Chicken Cacciatore</b> Tomato &amp; Peppers Broccoli Rice Dinner Roll Pineapple</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roast Pork w/ Gravy</b> Mashed Potatoes Green Beans Stuffing Applesauce</p> <p><b>B. Turkey Sandwich w/Lettuce &amp; Tomato</b> Potato Salad Grape Juice Whole Wheat Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Lemon Garlic Fish</b> Mashed Sweet Potatoes Sautéed Spinach Dinner Roll Brownie</p> <p><b>B. Egg Salad Sandwich</b> Broccoli Salad Apple Juice Whole Wheat Bread</p> <p><b>C. Baked Chicken</b></p>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<p><b>A. American Goulash</b> Dinner Salad Whole Wheat Roll Oreo Cookies</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Baked Chicken w/Mushroom Gravy</b> Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake</p> <p><b>B. Turkey and Swiss Cheese Sandwich w/ Lettuce and Tomato</b> Coleslaw w/ Carrots V-8 Juice Whole Wheat Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Turkey Tetrazzini over Spaghetti</b> Brussels Sprouts Fruit Punch Whole Wheat Bread Applesauce Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Cheeseburger</b> Seasoned Roasted Potatoes Broccoli Whole Wheat Bun Pears</p> <p><b>B. Chicken BLT Pasta Salad on a Bed of Lettuce</b> Three Bean Salad Dinner Roll</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Hot Dog</b> Potato Salad Coleslaw Watermelon Hot Dog Bun Vanilla Ice Cream Cup w/ Fudge Sauce</p> <p><b>C. Baked Fish</b></p>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<p><b>Closed</b></p>	<p><b>A. Mac &amp; Cheese</b> Seasoned Zucchini &amp; Tomatoes Whole Wheat Bread Pineapple</p> <p><b>B. Tuna Salad Platter on a Bed of Lettuce &amp; Tomato</b> Spinach Salad w/ Mandarin Oranges Whole Wheat Bread</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Honey Mustard Chicken</b> Rice Pilaf Green Beans Apple Juice Whole Wheat Bread Chocolate Pudding</p> <p><b>B. Baked Fish</b></p>	<p><b>A. BBQ Pulled Pork</b> Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun Oatmeal Raisin Cookie</p> <p><b>B. Chicken Waldorf Salad w/ Apples, Grapes, &amp; Walnuts on a Bed of Lettuce</b> Coleslaw w/ Carrots</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Meatloaf w/ Mushroom Gravy</b> Whipped Sweet Potatoes Broccoli Whole Wheat Bread Applesauce</p> <p><b>B. Ham &amp; Swiss Cheese Sandwich w/ Lettuce &amp; Tomato</b> Carrot Pineapple Salad</p> <p><b>C. Baked Fish</b></p>