



MAY 2019

Cohoes Senior Center Dining

10 Cavuga Plaza, Cohoes, NY 12047

Lunch 12:00 PM • For reservations call 518-235-2420 by 4:00 pm the day before the meal.

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
		<p>A. Breaded Chicken Parmesan Over Pasta Dinner Salad Whole Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Pepper Steak w/ Onion Over Noodles Beets Whole Wheat Bread Lemon Cake</p> <p>B. Baked Fish</p> <p>C. Tuna Salad Sandwich w/Lettuce & Tomato Carrot Raisin Salad Grape Juice</p>	<p>A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p> <p>B. Baked Fish</p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p>A. Turkey Devon w/ Broccoli, Carrots Pasta Whole Wheat Bread Tropical Fruit Salad</p> <p>B. Baked Fish</p>	<p>A. 2 Lasagna Roll-Ups Dinner Salad Dinner Roll Peaches & Cream</p> <p>B. Baked Fish</p> <p>C. Seafood Salad Sandwich w/ Lettuce & Tomato Broccoli Salad Whole Wheat Hotdog Bun</p>	<p>A. Breaded Chicken Parmesan Over Pasta Dinner Salad Whole Wheat Bread Birthday Cake w/ Applesauce</p> <p>B. Baked Fish</p>	<p>A. Roasted Turkey w/Gravy Mashed Potatoes Broccoli & Cauliflower Whole Wheat Stuffing Applesauce Cake</p> <p>B. Baked Fish</p> <p>C. Ham Salad Sandwich w/Lettuce & Tomato Macaroni Salad Three Bean Salad Rye Bread</p>	<p>A. Beef Stroganoff Over Noodles Braised Red Cabbage Applesauce Whole Wheat Bread Brownie</p> <p>B. Baked Fish</p>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p>A. BBQ Chicken California Blended Veggies Oven Roasted Sweet Potatoes Dinner Roll Oatmeal Cookies</p> <p>B. Baked Fish</p>	<p>A. Beef Tips w/ Gravy over Noodles Parsley Carrots Blended Fruit Juice Whole Wheat Bread Rice Pudding</p> <p>B. Baked Fish</p> <p>C. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing Fruit Juice</p>	<p>A. Chicken Cacciatore Tomato & Peppers Broccoli Rice Dinner Roll Pineapple</p> <p>B. Baked Fish</p>	<p>A. Roast Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Applesauce</p> <p>B. Baked Fish</p> <p>C. Turkey Sandwich w/Lettuce & Tomato Potato Salad Grape Juice Whole Wheat Bread</p>	<p>A. Lemon Garlic Fish Mashed Sweet Potatoes Sautéed Spinach Dinner Roll Brownie</p> <p>B. Baked Chicken</p> <p>C. Egg Salad Sandwich Broccoli Apple Juice Whole Wheat Bread</p>

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
A. American Goulash Dinner Salad Whole Wheat Bread Oreo Cookies B. Baked Fish	A. Baked Chicken w/Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake B. Baked Fish C. Turkey and Swiss Cheese Sandwich w. Lettuce and Tomato Coleslaw w/ Carrots V-8 Juice Whole Wheat Bread	A. Turkey Tetrazzini over Spaghetti Brussels Sprouts Fruit Punch Whole Wheat Bread Applesauce Cake B. Baked Fish	A. Cheeseburger Seasoned Roasted Potatoes Broccoli Whole Wheat Bun Pears B. Baked Fish C. Chicken BLT Pasta Salad on a Bed of Lettuce Three Bean Salad Dinner Roll	A. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Peaches Whole Wheat Dinner Roll Chocolate Chip Cookie B. Baked Chicken
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
CLOSED	A. Mac & Cheese Seasoned Zucchini & Tomatoes Whole Wheat Bread Pineapple B. Baked Fish C. Tuna Salad Platter on a Bed of Lettuce & Tomato Spinach Salad w/ Mandarin Oranges Whole Wheat Bread	A. Honey Mustard Chicken Rice Pilaf Green Beans Apple Juice Whole Wheat Bread Chocolate Pudding B. Baked Fish	A. BBQ Pulled Pork Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun Oatmeal Raisin Cookie B. Baked Fish C. Chicken Waldorf Salad w/ Apples, Grapes, & Walnuts on a Bed of Lettuce Coleslaw w/ Carrots	A. Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli Whole Wheat Bread Applesauce B. Baked Fish C. Ham & Swiss Cheese Sandwich w/ Lettuce & Tomato Carrot Pineapple Salad

This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. 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 program. Please make a reservation to assure we have a meal available at the meal program you would like to attend. No one will be turned away due to an inability to make a contribution.

All meals are served with milk. Some items may be subject to last-minute **substitution**.



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10 Cayuga Plaza, Cohoes, NY 12047 *Dinner 5:00 PM • Please call 518-235-2420 by 4:00 pm the day before the meal.*

TUESDAY	THURSDAY 2
	<p>A. Greek Style Chicken over Rice Sautéed Spinach Pineapple Juice Whole Wheat Bread Chocolate Cupcake</p> <p>B. Baked Fish</p>
TUESDAY 7	THURSDAY 9
<p>A. BBQ Chicken Thighs Potato Salad Spinach and Mandarin Salad Whole Wheat Bread Vanilla Pudding Tart</p> <p>B. Baked Fish</p>	<p>A. Chicken Waldorf Salad on Romaine Macaroni Salad Dinner Roll Glazed Baked Pears w/ Vanilla Ice Cream</p> <p>B. Baked Fish</p>
TUESDAY 14	THURSDAY 16
<p>A. Loaded Mac & Cheese w Chopped Chicken and Bacon Broccoli Apple Juice Whole Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Eggplant Parm w/ Cheese Romaine Salad w/ Carrots, Tomatoes, and Cucumbers Tropical Fruit Salad Dinner Roll Lemon Italian Ice</p> <p>B. Baked Fish</p>
TUESDAY 21	THURSDAY 23
<p>A. Roast Beef w Gravy Mashed Potatoes Carrots Whole Wheat Bread Blueberry Crisp</p> <p>B. Baked Fish</p>	<p>A. American Goulash Romaine Salad w/ Carrots, Tomatoes, and Cucumbers Apple Juice Whole Wheat Bread Lemon Cake</p> <p>B. Baked Fish</p>
TUESDAY 28	THURSDAY 30
<p>A. Cheeseburger w/ Lettuce Tomatoes and Onion and Swiss Cheese Seasoned Potatoes Wedges California Blended Veggies Whole Wheat Bun</p>	<p>A. Parmesan Crusted Chicken Garlic Mashed Potatoes Prince Edward Blended Veggies Applesauce Dinner Roll</p>

Fruit Cup B. Baked Fish		Brownie B. Baked Fish	
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