



MAY 2019

South Mall Dining

101 S. Pearl Street, Albany For reservations call 518-482-2120 by 1:30 pm the day before the meal.

Tuesday <u>Dinner 5 PM</u>	Wednesday 1 <u>Dinner 5 PM</u>	Friday 3 <u>Lunch 12 PM</u>
	<p>A. Roast Beef w/ Gravy Mashed Potatoes Carrots Whole Wheat Bread Blueberry Crisp</p> <p>B. Baked Fish</p>	<p>A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p> <p>C. Baked Fish</p>
Tuesday 7	Wednesday 8	Friday 10
<p>A. Lasagna Roll-ups Dinner Salad Whole Wheat Roll Peaches and Cream</p> <p>B. Seafood Salad Sandwich w/ Lettuce and Tomato Broccoli Salad Whole Wheat Bun</p> <p>C. Baked Fish</p>	<p>A. Chicken Thighs Potatoes Salad w/ Carrots Brussels Sprouts Whole Wheat Roll Vanilla Pudding Tart</p> <p>B. Baked Fish</p>	<p>A. Shrimp Scampi over Pasta Sautéed Summer Squash Dinner Salad Whole Wheat Dinner Roll Black Forest Cake</p> <p>B. Baked Chicken</p>
Tuesday 14	Wednesday 15	Friday 17
<p>A. Beef Tips w/ Gravy over Noodles Parsley Carrots Fruit Juice Whole Wheat Bread Rice Pudding</p> <p>B. Chef Salad Munster Cheese Turkey Ham and Hard Boiled Egg Ranch Dressing Fruit Juice Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. Loaded Mac & Cheese w/ Chicken and Bacon Crumble Broccoli Apple Juice Whole Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Lemon Garlic Fish Whipped Sweet Potatoes Sautéed Summer Squash Dinner Roll Brownie</p> <p>B. Egg Salad Sandwich Broccoli Salad Apple Juice Whole Wheat Bread</p> <p>C. Baked Chicken</p>

Tuesday 21	Wednesday 22	Friday 24
<p>A. Baked Chicken w/Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Birthday Cake w/ Applesauce</p> <p>B. Turkey Swiss Cheese Sandwich w/ Lettuce and Tomatoes Coleslaw w/ Carrots V-8 Juice Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. BBQ Pulled Pork Coleslaw Three Bean Salad Whole Wheat Hamburger Bun Vanilla Ice Cream w/ Warm Apples</p> <p>B. Baked Fish</p>	<p>A. Hot Dog Potato Salad Coleslaw Watermelon Hot Dog Bun Vanilla Ice Cream Cup w/ Fudge Sauce</p> <p>B. Baked Fish</p>
Tuesday 28	Wednesday 29	Friday 31
<p>A. Mac & Cheese Seasoned Zucchini & Tomatoes Dinner Roll Pineapple</p> <p>B. Tuna Salad Platter on a bed of Lettuce and Tomato Spinach Salad w/ Mandarin Oranges Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. Cheeseburger w/ Lettuce, Tomato, and Onion Seasoned Potato Wedges California Blended Veggies Whole Wheat Hamburger Bun Fresh Seasoned fruit Cup</p> <p>B. Baked Fish</p>	<p>A. Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli Whole Wheat Bread Applesauce</p> <p>B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato Carrot and Pineapple Salad</p> <p>C. Baked Fish</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 milk. Some items may be subject to last-minute substitution. 5/1/2019