



**MAY 2019**

**St. Vincent Dining**

475 Yates Street, Albany, NY

**Lunch 12:00 PM · For reservations call 518 482-8916 by 1:30 pm the day before the meal.**

Monday	Wednesday 1	Thursday 2
	<p><b>A. Chicken Parmesan w/ Cheese</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 Roll 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>
Monday 6	Wednesday 8	Thursday 9
<p><b>A. Chicken Devon</b> w/ Broccoli, Carrots Pasta Whole Wheat Bread Tropical Fruit Salad</p> <p><b>B. 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>
Monday 13	Wednesday 15	Thursday 16
<p><b>A. BBQ Chicken</b> California Blended Veggies Oven Roasted Sweet Potatoes Dinner Roll Oatmeal Raisin Cookie</p> <p><b>B. 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>

Monday 20	Wednesday 22	Thursday 23
<p><b>A. American Goulash</b> Dinner Salad Whole Wheat Bread Oreo Cookies</p> <p><b>B. 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>
Monday 27	Wednesday 29	Thursday 30
<p><b>Closed</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>

*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. **Some items may be subject to last-minute substitutions.***

**5/1/2019**