

May 2019

Watervliet Senior Citizens Center Dining

1501 Broadway, Watervliet, NY

Lunch 12:00 PM · For reservations call 518-273-6480 by 2:00 pm the day before the meal.

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
		<p>A. Breaded Chicken Parmesan w/ Cheese Dinner Salad Pasta Whole Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Pepper Steak w/ Onion Over Noodles Beets Whole Wheat Roll Lemon Cake</p> <p>B. Tuna Salad Sandwich w/Lettuce & Tomato Carrot Raisin Salad Grape Juice</p> <p>C. Baked Fish</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. Seafood Salad Sandwich w/ Lettuce & Tomato Broccoli Salad Whole Wheat Hotdog Bun</p> <p>C. Baked Fish</p>	<p>A. Chicken Parmesan w/ Cheese Dinner Salad Pasta Whole Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Roasted Turkey w/Gravy Mashed Potatoes Broccoli & Cauliflower Whole Wheat Stuffing Applesauce Cake</p> <p>B. Ham Salad Sandwich w/Lettuce & Tomato Macaroni Salad Three Bean Salad Rye Bread</p> <p>C. Baked Fish</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 Cookie</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. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing Fruit Juice</p> <p>C. Baked Fish</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. Turkey Sandwich w/Lettuce & Tomato Potato Salad Grape Juice Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. Lemon Garlic Fish Whipped Sweet Potatoes Sautéed Summer Squash Dinner Roll Brownie</p> <p>B. Egg Salad Sandwich Broccoli Apple Juice Whole Wheat Bread</p> <p>C. Baked Chicken</p>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<p>A. American Goulash Dinner Salad Whole Wheat Roll Oreo Cookies</p> <p>B. Baked Fish</p>	<p>A. Baked Chicken w/Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake</p> <p>B. Turkey/Swiss Cheese Sandwich w/ Lettuce and Tomato Coleslaw w/ Carrots V-8 Juice Whole Wheat Bread</p> <p>C. Baked Fish</p>	<p>A. Turkey Tetrazzini over Spaghetti Brussels Sprouts Fruit Punch Whole Wheat Bread Applesauce Cake</p> <p>B. Baked Fish</p>	<p>A. Cheeseburger Seasoned Roasted Potatoes Broccoli Whole Wheat Bun Pears</p> <p>B. Chicken BLT Pasta Salad on a Bed of Lettuce Three Bean Salad Dinner Roll</p> <p>C. Baked Fish</p>	<p>A. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Peaches Whole Wheat Roll Chocolate Chip Cookie</p> <p>B. Baked Fish</p>

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Closed	<p style="text-align: center;">A. Mac & Cheese Seasoned Zucchini & Tomatoes Whole Wheat Bread Pineapple</p> <p style="text-align: center;">B. Tuna Salad Platter on a Bed of Lettuce & Tomato Spinach Salad w/ Mandarin Oranges Whole Wheat Bread</p> <p style="text-align: center;">C. Baked Fish</p>	<p style="text-align: center;">A. Honey Mustard Chicken Rice Pilaf Green Beans Apple Juice Whole Wheat Bread Chocolate Pudding</p> <p style="text-align: center;">B. Baked Fish</p>	<p style="text-align: center;">A. BBQ Pulled Pork Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun Oatmeal Raisin Cookie</p> <p style="text-align: center;">B. Chicken Waldorf Salad w/ Apples, Grapes, & Walnuts on a Bed of Lettuce Coleslaw w/ Carrots</p> <p style="text-align: center;">C. Baked Fish</p>	<p style="text-align: center;">A. Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli Whole Wheat Bread Applesauce</p> <p style="text-align: center;">B. Ham & Swiss Cheese Sandwich w/ Lettuce & Tomato Carrot Pineapple Salad</p> <p style="text-align: center;">C. Baked Fish</p>

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.**