



**Helderberg Senior Center Dining**  
1360 Helderberg Trail. Berne  
Lunch 12:00 PM

*For reservations call Linda at 518-872-0940 by 10:00 am the day before the meal.*

Monday	Tuesday	Friday
3	4	7
<b>BBQ Chicken</b> California Blended Vegetables Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	<b>Roast Pork w/Gravy</b> Carrots Mashed Potatoes Wheat Bread Wheat Stuffing  <b>Birthdays Cake!</b>	<b>Lemon Garlic Baked Fish</b> Spinach Baked Sweet Potato Wheat Dinner Roll Fresh Melon Cup
10	11	14
<b>American Goulash</b> Romaine Salad Italian Dressing Wheat Bread Applesauce Cake	<b>Chicken Cacciatore</b> Broccoli Rice Wheat Bread Pears	<b>Beef Chili</b> (Tomatoes, Peppers, Beans) Peas Corn Bread Ambrosia
17	18	21
<b>Citrus Marinated Chicken</b> Mixed Vegetables Grape Juice Rice Wheat Bread Brownie	<b>Macaroni and Cheese</b> Stewed Tomatoes California Blend Vegetables Wheat Bread Mandarin Oranges	<b>Meatloaf w/Mushroom Gravy</b> Broccoli Mashed Potatoes Wheat Bread Applesauce
24	25	28
<b>Lasagna Roll-Ups</b> Italian Blended Vegetables Wheat Italian Bread Tapioca Pudding	<b>Beef and Broccoli</b> Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	<b>Oregano Lemon Chicken</b> Asparagus Garlic Rosemary Roasted Red Potatoes Wheat Bread Pound Cake w/Blueberries

*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.*

4/4/2017