



<p>Monday 2</p> <p>A. BBO Chicken Roasted Sweet Potatoes California Blended Vegetables Dinner Roll <i>Mandarin Oranges</i> <i>Oatmeal Raisin Cookie</i></p> <p>B. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice</p>	<p>Tuesday 3</p> <p>A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing <i>Wheat Bread</i> <i>Birthday Cake</i></p> <p>B. Chef Salad with Muenster Cheese, Ham, Egg & Turkey Romaine, Tomatoes, Carrots Ranch Dressing</p>	<p>Friday 6</p> <p>A. Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash Dinner Roll <i>Brownie</i></p> <p>B. Egg Salad Sandwich on Rye Broccoli Slalad Apple Juice</p>	<p>Monday 9</p> <p>A. American Goulash Dinner Salad <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p>B. Chef Salad with Muenster Cheese, Ham, Egg & Turkey Romaine, Tomatoes, Carrots Ranch Dressing</p>
<p>Tuesday 10</p> <p>A. Chicken w/ Mushroom Gravy Whipped Sweet Potatoes Green Beans Rye Bread Strawberry Shortcake</p>	<p>Friday 13</p> <p>A. Potato Crunch Fish Mashed Potatoes Peas & Carrots <i>Wheat Bread</i> <i>Oatmeal Cookie</i></p> <p>B. BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice</p>	<p>Monday 16</p> <p>A. Baked Fish w/ Tomato Salsa over Rice Pilaf California Blended Vegetables Wheat Bread <i>Apple Juice</i> <i>Lemon Pudding</i></p> <p>B. Tuna Salad Sandwich on Wheat Spinach Salad</p>	<p>Tuesday 17</p> <p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes Dinner Roll <i>Pineapple Chunks</i></p> <p>B. Chicken Salad Sandwich on Wheat Marinated Tomato & Cucumber Salad</p>
<p>Friday 20</p> <p>Meatloaf w/ Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread <i>Applesauce</i></p> <p>B. Ham and Swiss on Rye Broccoli Salad</p>	<p>Monday 23</p> <p>Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables Italian Bread <i>Tapioca Pudding</i></p> <p>B. Roast Beef Sandwich on Italian Carrot Raisin Salad</p>	<p>Tuesday 24</p> <p>Oregano Lemon Chicken Garlic Rosemary Roasted Potatoes California Blend Rye Bread <i>Cranberry Juice</i> <i>Applesauce Cake</i></p> <p>B. Soft Chicken Taco Mexican ColeSlaw</p>	<p>Friday 27</p> <p>A. Peach Glazed Chicken Mashed Sweet Potatoes Suatated Summer Squash <i>Peaches</i> <i>Dinner Roll</i> <i>Chocolate Chip Cookie</i></p> <p>B. Chef Salad Plate w/ Meat Munster Cheese & Hard Boiled Egg</p>

Monday 30

A. Baked Fish w/ Tartar Sauce

Mashed Sweet Potato
Cauliflower
Dinner Roll
Chocolate Pudding

**B. BLT Bow Tie Pasta Salad w/
Chicken**

Cucumber Radish Salad

This Congregate Dining Program 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. 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 programs and no one with a reservation 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.