



**AUGUST 2017**

**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
	<b>1</b>	<b>4</b>
	<b>Ham &amp; Bean Casserole</b> Spinach Corn Bread Birthday cake	<b>Baked Ziti w/Cheese</b> Brussell sprouts Wheat Dinner Roll Peaches and Cream
<b>7</b>	<b>8</b>	<b>11</b>
<b>BBQ Chicken</b> California Blended Vegetables Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	<b>Roast Pork w/Gravy</b> Stuffing Mashed Potatoes Carrots Wheat Bread Applesauce	<b>Lemon Garlic Baked Fish</b> Baked Sweet Potato Spinach Wheat Dinner Roll Fresh Melon Cup
<b>14</b>	<b>15</b>	<b>18</b>
<b>American Goulash</b> Romaine Salad Wheat Bread Applesauce Cake	<b>Chicken Cacciatore</b> Broccoli Rice Wheat Bread Pears	<b>Potato Crunch Fish</b> Peas Baked Mashed Sweet Potatoes Rye Bread Ambrosia
<b>21</b>	<b>22</b>	<b>25</b>
<b>Citrus Marinated Chicken</b> Rice Mixed Vegetables Grape Juice Wheat Bread Brownie	<b>Macaroni and Cheese</b> Stewed Tomatoes California Blend Wheat Bread Mandarin Oranges	<b>Meatloaf w/Mushroom Gravy</b> Mashed Potatoes Boccoli Wheat Bread Applesauce
<b>28</b>	<b>29</b>	
<b>Lasagna Roll-Ups</b> Italian Blend Italian Bread Tapioca Pudding	<b>Beef and Broccoli</b> Egg Noodles Carrots Wheat Bread Tropical Fruit Salad	

*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.*

7/31/2017