

November 2016

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
	1	4
	Beef Stroganoff Brussel Sprouts Wheat Bread Glazed Pear w/Vanilla Ice Cream <i>Birthday Cake!</i>	Potato Crunch Fish Baked Sweet Potatoes and Apples Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake
7	8	11
Rosemary Chicken Sweet Baked Yams California Blend Wheat Bread Mango Chunks	Pork Roast w/Gravy Roasted Red Potatoes Carrots Wheat Bread Warm Sliced Apples w/Cinnamon	Lemon Garlic Fish Mashed Butternut Squash Pineapple Orange Juice Hash Brown Potatoes Rye Bread Chocolate Mousse
14	15	18
Lasagna Roll-Up Chickpea Salad Wheat Italian Bread Pears	Meatloaf w/Tomato Gravy Cauliflower Oven Roasted Potatoes Wheat Bread Pound Cake w/Strawberries & Whipped Topping	Mac & Cheese Stewed Tomatoes Wheat Bread Baked Apples
21	22	25
Chicken w/Peach Sauce Broccoli Roasted Red Potatoes Wheat Bread Tapioca Pudding	Chili Con Carne Spinach Corn Bread Apple Crisp	CLOSED Thanksgiving Holiday
28	29	
Baked Ziti Italian Blended Vegetables Italian Bread Chocolate Pudding	Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Rice Rye Bread Applesauce Cake	

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.

10/31/2016