


JANUARY 2019

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

For reservations call Karen Stark at 518-937-5963 by 10:00 am the day before the meal.

Monday	Tuesday	Friday
	1	4
	 <p><i>Closed Happy New Year</i></p>	<p>A. Grilled Munster Cheese Sandwich Tomato Soup Coleslaw w/ Carrots Apple Juice Whole Wheat Bread Brownie</p> <p>B. Fish</p>
7	8	11
<p>A. Cheeseburger w/ Swiss Cheese Lettuce & Tomato Seasoned Oven Roasted Potatoes Brussels Sprouts Whole Wheat Bun Blueberry Tart</p> <p>B. Tuna Salad Sandwich w/ Lettuce and Tomato Marinated Tomato & Cucumber Salad Whole Wheat Bun</p> <p>C. Baked Fish</p>	<p>A. Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes Grape Juice Mashed Potatoes Rye Bread Birthday Cake w/ Applesauce</p> <p>B. Chicken Salad Sandwich w/ lettuce and Tomato Spinach Salad w/ Dressing</p> <p>C. Chicken</p>	<p>A. Baked Ziti- Meatless Italian Blended Veg. Dinner Roll Chocolate Pudding</p> <p>B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato Tomato Soup Whole Wheat Bread Pineapple Orange Juice</p> <p>C. Baked Fish</p>
14	15	18
<p>A. Spaghetti w/Meat Sauce Dinner Salad Dinner Roll Tapioca Pudding</p> <p>B. Ham Salad Sandwich w/ Lettuce and Tomato Rye Bread Orange Juice Coleslaw</p> <p>C. Baked Fish</p>	<p>A. Herbed Chicken w/ Gravy Baked Sweet Potatoes/ Apples Spinach Dinner Roll Brownie</p> <p>B. 2 Beef Tacos w/ Salsa and Sour Cream Spinach Salad w/ Tomatoes and Carrots 2 Wheat Wraps French Dressing</p> <p>C. Baked Fish</p>	<p>A. Tuna Salad Sandwich Herty Bean Soup Picked Beat Salad Apple Juice Whole Wheat Bread Brownie</p> <p>B. Chicken</p>

21	22	25
CLOSED	<p>A. Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing <i>Applesauce</i></p> <p>B. Roast Beef Sandwich w/ Lettuce and Tomato Cream of Broccoli Soup Rye Bread</p> <p style="text-align: center;">C. Baked Fish</p>	<p>A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting</p> <p style="text-align: center;">C. Chicken</p>
28	29	
<p>A. Mac & Cheese Stewed Tomatoes <i>Whole Wheat Bread</i> <i>Peaches & Sugar Cookie</i></p> <p>B. BLT Chicken Pasta Salad V-8 Juice</p> <p style="text-align: center;">C. Baked Fish</p>	<p>A. Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots <i>Dinner Roll</i> <i>Sliced Apples w/ Cinnamon and Whipped Topping</i></p> <p>B. Chicken Curry Salad on Bed of Lettuce Pasta Broccoli Salad</p> <p style="text-align: center;">C. Baked Fish</p>	

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.

12/21/2018