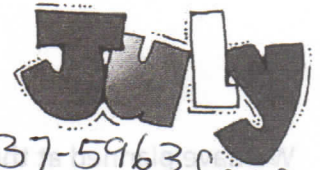


## JULY 2017

**Helderberg Senior Center Dining**  
 1360 Helderberg Trail, Berne

Lunch 12:00 PM Call Karen 937-5963 for now



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

Monday	Tuesday	Friday
3	4	7
<b>Hot Dog on Wheat Bun</b> Baked Beans Cole Slaw Watermelon Vanilla Ice Cream Cup	<b>CLOSED</b>	<b>Potato Crunch Fish</b> Peas Mashed Sweet Potatoes Rye Bread Ambrosia
10	11	14
<b>Citrus Marinated Chicken</b> Mixed Veggies Grape Juice Rice Wheat Bread Brownie	<b>Mac &amp; Cheese</b> Stewed Tomatoes California Blended Veggies Wheat Bread <b>Birthday Cake!</b>	<b>Meatloaf w/Mushroom Gravy</b> Mashed Potatoes Broccoli Wheat Bread Applesauce
Bingo 17 Bingo	Painting 18	21
<b>Lasagna Roll-Ups w/Marinara Sauce</b> Italian Blended Veggies Wheat Italian Bread Tapioca Pudding	<b>Beef &amp; Broccoli</b> Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	<b>Turkey Rueben Sandwich on Rye Bread</b> Tomato Soup Mix Berries w/Whipped Cream
24	25	28
<b>Breaded Chicken Parmesan</b> Romaine Salad w/Carrots, Tomato Dressing Pasta Wheat Bread Peaches	<b>Turkey w/Gravy</b> Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	<b>Baked Fish</b> Summer Squash Rice Wheat Bread Lemon Cake
31		
<b>Chicken Primavera</b> (Italian Blended Veggies) Pasta 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.

6/30/2017

\*\*\*MENU ON OTHER SIDE\*\*\*