

Monday	Tuesday	Friday
		<b>3</b>
		<b>Spanish Rice</b> w/Tomatoes and Beans Carrots Corn Bread Brownie
<b>6</b>	<b>7</b>	<b>10</b>
<b>Sweet &amp; Sour Chicken</b> Asian Vegetables Rice Wheat Bread Pineapple Chunks	<b>Beef Stroganoff</b> w/Egg Noodles Brussel Sprouts Wheat Bread <i>Birthday Cake!</i>	<b>Potato Crunch Fish</b> Baked Sweet Potatoes & Apples Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake
<b>13</b>	<b>14</b>	<b>17</b>
<b>Rosemary Chicken</b> Sweet Baked Yams California Blend Vegetables Wheat Bread Mango Chunks	<b>Roast Pork w/Gravy</b> Seasoned Oven Roasted Red Potatoes Carrots Wheat Bread Warm Slices Apples w/Cinnamon	<b>Lemon Garlic Fish</b> Hash Browned Potatoes Mashed Butternut Squash Pineapple-Orange Juice Rye Bread Chocolate Mousse
<b>20</b>	<b>21</b>	<b>24</b>
<b>Lasagna Roll-Ups</b> Marinara Sauce Romaine Lettuce, Tomato, Carrots Italian Dressing Wheat Italian Bread Pears	<b>Meatloaf w/Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	<b>Mac &amp; Cheese</b> Stewed Tomatoes Wheat Bread Baked Apples
<b>27</b>	<b>28</b>	<b>31</b>
<b>Chicken w/Peach Sauce</b> Broccoli Brown Rice Wheat Bread Tapioca Pudding	<b>Chili Con Carne</b> w/Tomatoes & Beans Spinach Corn Bread Apple Crisp	<b>Grilled Munster Cheese Sandwich on Wheat Bread</b> Tomato Soup Coleslaw Apple Juice Brownie

*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.*