

MARCH 2018

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
		2
		Lemon Oregano Fish Zucchini & Tomatoes Yellow Rice Rye Bread Citrus Ambrosia
5	6	9
Chicken & Rice Peas & Carrots Grape juice Wheat Bread Chocolate Chip Cookie	Roast Turkey w/ Gravy Whipped Sweet potatoes Carrots Stuffing Applesauce Birthday Cake	Potato Crunch Fish Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake w/ Frosting
12	13	16
Chicken Ala King Over Egg Noodles Peas Wheat Bread Strawberries w/ Whipped Topping	Roast Pork w/Gravy Oven Roasted Potatoes Carrots Dinner Rolls Sliced Apples w/ cinnamon w/ Whipped Topping	Lasagna Roll-Up w/Marinara Sauce Dinner salad Italian Bread Baked Pears & Ice Cream
19	20	23
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	Meatloaf w/Tomato Gravy Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/ Strawberries & Whip Topping	Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie
26	27	30
Chicken w/Peach Sauce Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	Chili Con Carne Spinach Corn Bread Apple Crisp	Baked Fish Baked Sweet Potato Peas Cranberry Juice Rye Bread 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.

2/27/2018