

MAY 2017

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	2	5
Chicken Parmesan Romaine Salad w/Shredded Carrots, Tomatoes Dressing Pasta Wheat Bread Peaches	Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Birthday Cake!	Pepper Steak (Onions, Peppers) Summer Squash Rice Wheat Bread Lemon Cake
8	9	12
Chicken Primavera (Italian Blend Vegetables) Pasta Wheat Bread Tropical Fruit Salad	Ham & Bean Casserole Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	Baked Ziti w/Cheese Romaine Salad w/Carrots, Tomatoes, Cucumbers Italian Dressing Wheat Dinner Roll Peaches & Cream
15	16	19
BBQ Chicken California Blended Veggies Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	Roast Pork w/Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Lemon Garlic Baked Fish Baked Sweet Potato Spinach Wheat Dinner Roll Fresh Melon Cup
22	23	26
American Goulash Romaine Salad w/Tomato, Cucumber, Carrots Dressing Wheat Bread Applesauce Cake	Chicken Cacciatore (Tomatoes and Peppers) Broccoli Rice Wheat Bread Pears	Potato Crunch Fish Peas Mashed Sweet Potatoes Rye Bread Ambrosia
29	30	
CLOSED	Mac & Cheese Stewed Tomatoes California Blend Veggies Wheat Bread Mandarin Oranges	

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.

5/2/2017