

<p>Monday</p>	<p>Tuesday 1</p> <p>A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing <i>Birthday Cake</i></p> <p>B. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p> <p>C. Baked Fish</p>	<p>Friday 4</p> <p>A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p>	<p>Monday 7</p> <p>A. Chicken Primavera Pasta <i>Wheat Bread</i> <i>Tropical Fruit Salad</i></p> <p>B. BLT Pasta Salad V-8 juice</p> <p>C. Baked Fish</p>
<p>Tuesday 8</p> <p>A. Sloppy Joe Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun <i>Watermelon</i></p> <p>B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers</p> <p>C. Baked Fish</p>	<p>Friday 11</p> <p>A. Beef Stroganoff Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie</p> <p>C. Baked Fish</p>	<p>Monday 14</p> <p>A. BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie</p> <p>B. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Chocolate Pudding</p> <p>C. Baked Fish</p>	<p>Tuesday 15</p> <p>A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing <i>Wheat Bread</i> Applesauce</p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p> <p>C. Baked Fish</p>
<p>Friday 18</p> <p>A. Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash <i>Dinner Roll</i> <i>Brownie</i></p> <p>B. Egg Salad Sandwich Pickled Beets Apple Juice</p>	<p>Monday 21</p> <p>A. American Goulash Dinner Salad Pasta <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p>B. Chef Salad w/ Munster, Turkey, Boiled Egg</p>	<p>Tuesday 22</p> <p>A. Baked Chicken w/ Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake</p> <p>C. Baked Fish</p>	<p>Friday 25</p> <p>A. Chef Salad Plate with Munster Cheese, and Boiled Egg Romaine, Tomatoes, Carrots Ranch Dressing Peaches Dinner Roll Chocolate Chip Cookie</p>

C. Chicken	C. Baked Fish	
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<p>Monday 28</p> <p>Holiday</p>	<p><i>This Congregate Dining Program 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. All Albany County congregate meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated, and go directly to support and expand the congregate meal program.</i></p> <p><i>Contributions are voluntary, confidential, and purely optional.</i></p> <p><i>All seniors are welcome and encouraged to attend our meal programs and no one with a reservation will be turned away due to an inability to make a contribution.</i></p> <p><i>All meals are served with milk. Some items may be subject to last minute substitution.</i></p>
<p>Tuesday 29</p> <p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes <i>Dinner Roll</i> <i>Pineapple</i></p> <p>B. Chicken Salad Plate On A Bed Of Lettuce Marinated Tomato & Cucumber Salad</p> <p>C. Baked Fish</p>	