



Offering Choice, Independence  
and Dignity

November 2017

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
		3
		<b>Potato Crunch Fish</b> Baked Sweet Potatoes & Apples Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake
6	7	10
<b>Chicken Ala King over Egg Noodles</b> Peas Wheat Bread Strawberries w/ Whipped Topping	<b>Pork Roast w/Gravy</b> Seasoned Oven Red Roasted Potatoes Carrots Dinner Rolls Birthday Cake	<b>Lasagna Roll-Up w/Marinara Sauce</b> Dinner Salad Italian Bread Baked Pears w/ Ice Cream
13	14	17
<b>Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	<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 Grape Juice Brownie
20	21	24
<b>Chicken w/Peach Sauce</b> Broccoli Brown Rice Apple Juice Dinner Roll Vanilla Pudding	<b>Chili Con Carne</b> Spinach Corn Bread Apple Crisp	Closed
27	28	
<b>Cheeseburger w/Swiss</b> Seasoned Oven Roasted Potatoes Brussels Sprouts Hamburger Bun Blueberry Tart	<b>Baked Fish w/Lemon Herb Sauce</b> Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	

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.**

10/31/2017