Senior Services of Albany

Offering Choice, Independence and Dignity

NOVEMBER 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
		A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting **B. Chicken**
5	**6**	**9**
A. Mac & Cheese Stewed Tomatoes *Whole Wheat Bread* *Peaches & Sugar Cookie* **B. BLT Chicken Bowtie Pasta Salad** V-8 Juice **C. Baked Fish**	**A. Pork Roast w/ Gravy** Seasoned Oven Roasted Sweet Potatoes Peas & Carrots *Dinner Roll* *Sliced Apples w/ Cinnamon and Whipped Topping* **B. Chicken Curry Salad on Bed of Lettuce** Pasta Broccoli Salad **C. Baked Fish**	**A. 2 Lasagna Roll-up** Spinach and Mandarin Salad Whole Wheat Bread *Cherry Crisp* **B. Baked Fish**
12	**13**	**16**
A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll *Tapioca Pudding* **B. Chicken Salad Sandwich w/ Lettuce and Tomato** Pickled Beets Fresh Fruit Cup Whole Wheat Bread **C. Chicken**	**A. Meatloaf w/Tomato Gravy** Seasoned Oven Roasted Potatoes Cauliflower *Whole Wheat Bread* *Pound Cake w/ Strawberries and Whip Topping* **B. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg** Ranch Dressing **C. Baked Fish**	**A. Mac & Cheese** Stewed Tomatoes *Pineapple/ Orange Juice* *Whole Wheat Bread* *Brownie* **B. Egg Salad Sandwich w/ Lettuce and Tomato** Butternut Squash Soup **C. Baked Fish**

19	20	23
A. Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll *Vanilla Pudding* **B. Meatball Sub** Salad w/Dressing Whole Wheat Hot Dog Bun **C. Baked Fish**	**A. Chili Con Carne** Spinach Corn Bread Apple Crisp **C. Baked Fish**	**Closed**
26	**27**	**30**
A. Cheeseburger w/ Lettuce & Tomato Seasoned Oven Roasted Potatoes Brussel Sprouts *Whole Wheat Bun* *Blueberry Tart* **B. Tuna Salad Sandwich w/ Lettuce and Tomato** Marinated Tomato & Cucumber Salad **C. Baked Fish**	**A. Baked Fish w/ Lemon Herb Sauce** Stewed Tomatoes *Grape Juice* Mashed Potatos *Rye Bread* *Applesauce Cake* **B. Chicken Salad Sandwich w/ lettuce and Tomato** Spinach, Tomatoes and Carrot Salad w/ Dressing **C. Chicken**	**A. Baked Ziti** Italian Blended Veg. Dinner Roll *Chocolate Pudding* **B. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato** Tomato Soup Pineapple Orange Juice Whole Wheat Bread **C. Baked Fish**

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.***

10/25/2018