

October 2017

Helderberg Senior Center Dining
1360 Helderberg Trail. Berne

For reservations call Karen Stark at 518-937-5963 by 10:00 am the day before the meal.

Monday	Tuesday	Friday
2	3	6
Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll Chocolate Mousse	Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread <i>Birthday Cake!</i>	Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie
9	10	13
Knockwurst Cabbage & Stir Fry German Potato Cranberry Juice Rye Bread Applesauce Cake	Chili Con Carne Spinach Corn Bread Apple Crisp	Baked Fish w/Tartar Sauce Baked Sweet Potato Peas Rye Bread Cranberry Juice Brownie
16	17	20
Cheeseburger/Swiss Cheese Hamburger Bun Oven Roasted Potatoes Brussel Sprouts Blueberries Tart	Baked Fish w/Lemon Herb Sauce Stewed Tomato Cranberry Juice Rice Rye Bread Applesauce Cake	Baked Ziti Italian Blend Vegetables Italian Bread Chocolate Pudding
23	24	27
Spanish Rice Carrots Corn Bread Brownie	Herbed Chicken w/Gravy Roasted Sweet Potatoes Broccoli Dinner Roll Tapioca Pudding	Lemon Oregano Fish Stewed Tomatoes & Zucchini Yellow Rice Rye Bread Citrus Ambrosia
30	31	
Chicken and Rice Peas & Carrots Grape Juice Wheat Bread Chocolate Chip Cookies	Roasted Turekey w/ Gravy Mashed Sweet Potatoes Stuffing Carrots Applesauce	

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.

9/21/2017