

**SEPTEMBER 2019**

**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 2	Tuesday 3	Friday 6
<p><b>CLOSED</b></p>	<p><b>A. Sloppy Joe</b> Seasoned Oven Roasted Red Potatoes Sautéed Summer Squash Whole Wheat Hamburger Bun <i>Applesauce</i> <i>Birthday Cake</i></p> <p><b>B. Chicken Taco Salad w/ Shredded Cheese, Salsa, &amp; Sour Cream</b> Cole Slaw Blended Juice Whole Grain Taco Bowl</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Roasted Pork Loin w/ Gravy</b> Seasoned Oven Roasted Sweet Potatoes Peas &amp; Carrots <i>Rye Bread</i> <i>Cinnamon Applesauce</i></p> <p><b>B. Bacon, Lettuce &amp; Tomato Sandwich</b> Chickpea Salad Cheese Stick Mayo</p> <p><b>C. Baked Fish</b></p>
9	10	13
<p><b>A. Chicken Divan w/ Broccoli</b> Carrots Penne Pasta Whole Wheat Bread Tropical Fruit Salad</p> <p><b>B. Baked Fish</b></p>	<p><b>A. 2 Lasagna Roll-Ups w/ Sauce</b> Dinner Salad w/ Dressing Whole Wheat Dinner Roll <i>Peaches &amp; Cream</i></p> <p><b>B. Seafood Salad Sandwich w/ Lettuce &amp; Tomato</b> Broccoli Salad Whole Wheat Hot Dog Bun Mayo</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Beef Stroganoff</b> Braised Red Cabbage Egg Noodles <i>Applesauce</i> <i>Whole Wheat Bread</i> <i>Brownie</i></p> <p><b>B. BLT Bow Tie Pasta Salad w/ Chicken</b></p> <p><b>C. Baked Fish</b></p>

<b>16</b>	<b>17</b>	<b>20</b> <i>Bingo</i>
<p><b>A. BBQ Chicken</b> Seasoned Oven Roasted Sweet Potatoes California Blended Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Beef Tips w/ Brown Gravy</b> Parsley Carrots Blended Fruit Juice Egg Noodles <i>Whole Wheat Bread</i> <i>Rice Pudding</i></p> <p><b>B. Chef Salad w/ Munster Cheese, Turkey &amp; Ham</b> <b>Hard Boiled Egg</b> Salad w/ Ranch Dressing Fruit Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Hamburger w/ Swiss Cheese</b> Lettuce &amp; Tomatoes Baked Beans Cole Slaw Watermelon Whole Wheat Hamburger Bun Apple Crisp</p> <p><b>B. Baked Fish</b></p>
<b>23</b>	<b>24</b>	<b>27</b>
<p><b>A. American Goulash w/ Sauce</b> Dinner Salad w/ Dressing Pasta Whole Wheat Dinner Roll Oreo Cookies</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Baked Chicken w/Mushroom Gravy</b> Whipped Sweet Potatoes Green Beans Rye Bread <i>Strawberry Shortcake</i></p> <p><b>B. Turkey &amp; Swiss Cheese Sandwich w/ Lettuce &amp; Tomato</b> Cole Slaw w/ Carrots V8 Juice Whole Wheat Bread Mayo</p> <p><b>C. Baked Fish</b></p>	<p><b>A. Potato Crunch Fish</b> Mashed Potatoes Peas <i>Whole Wheat Dinner Roll</i> <i>Peaches &amp; Cream</i></p> <p><b>B. Chef Salad w/ Munster Cheese, Turkey, Ham &amp; Hard Boiled Egg</b> Ranch Dressing</p> <p><b>C. Baked Chicken</b></p>
<b>30</b>		
<p><b>A. Chicken Fricassee w/Sauce</b> Mashed Potatoes California Blended Vegetables Orange Juice Whole Wheat Dinner Roll Lemon Pudding</p> <p><b>B. Baked Fish</b></p>		

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.

8/19/2019