



SEPTEMBER 2017

Helderberg Senior Center Dining

1360 Helderberg Trail. Berne

Lunch 12:00 PM

by 10:00 am the day before the meal.

Call
Karen
518 937 5963
For reservations

Monday	Tuesday	Friday
		1
		Cheese Burger on wheat Bun Lettuce, tomato Three Bean Salad Apple Juice Blueberry Crisp
4	5	8
Closed Holiday	Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Birthday Cake	Pork Loin w/ Gravy Summer Squash Rice Wheat Bread Lemon Cake
11	12	15
Chicken Primavera Italian Blended Pasta Wheat Bread Tropical Fruit Salad	Ham & Bean Casserole Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	Baked Ziti Romain Salad with Carrots, Tomatoes and Cucumbers Dinner Roll Peaches and Cream
18	19	22
BBQ Chicken California Blended Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	Roast Pork w/Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Lemon Garlic Baked Fish Baked Sweet Potato Spinach Dinner Roll Fresh Melon Cup
25	26	29
American Goulash Romain Salad with Carrots, Tomatoes and Cucumbers Wheat Bread Applesauce Cake	Chicken Cacciatore Broccoli Rice Wheat Bread Pears	Potato Crunch Fish Mashed Sweet Potato Peas Rye Bread Ambrosia

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.**

8/23/2017