



## AUGUST 2017

### Cohoes Senior Center Dining

10 Cayuga Plaza Cohoes, NY 12047

*Lunch 12:00 PM • for reservations call 518-235-2420 by 4:00 pm the day before the meal.*

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<b>Monday</b> 7	<b>Tuesday</b> 8	<b>Wednesday</b> 9	<b>Thursday</b> 10	<b>Friday</b> 11
<b>BBQ Chicken</b> California Blend Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	<b>Roast Pork</b> w/Gravy & Stuffing Mashed Potatoes Carrots Wheat Bread Applesauce	<b>Meatloaf with gravy</b> Oven Roasted Potatoes Broccoli Cranberry Juice Birthday Cake	<b>Baked Chicken</b> w/Mushroom Gravy Rice Italian Blended Rye Bread Shortcake w/Strawberries	<b>Lemon Garlic Baked Fish</b> Baked Sweet Potato Spinach Wheat Dinner Roll Fresh Melon Cup
<b>Monday</b> 14	<b>Tuesday</b> 15	<b>Wednesday</b> 16	<b>Thursday</b> 17	<b>Friday</b> 18
<b>American Goulash</b> Romaine Salad Italian Blend Wheat Bread Applesauce Cake	<b>Chicken Cacciatore</b> Rice Broccoli Wheat Bread Pears	<b>Beef Tips with Brown Gravy &amp; Noodles</b> Parsley Carrots Wheat Bread Tropical Fruit Salad	<b>Turkey Tetrazzini with Peas</b> Brussels Sprouts Wheat Bread Mandarin Oranges	<b>BLT Bow Tie Pasta Salad with Chicken</b> Cucumber radish salad Whole Wheat roll Strawberries /whip cream
<b>Monday</b> 21	<b>Tuesday</b> 22	<b>Wednesday</b> 23	<b>Thursday</b> 24	<b>Friday</b> 25
<b>Citrus Marinated Chicken</b> Mixed Vegetables Rice Grape Juice Wheat Bread Brownie	<b>Mac &amp; Cheese</b> Stewed Tomatoes California Blend Wheat Bread Mandarin Oranges	<b>BBQ Pulled Pork</b> Seasoned Oven Roasted Potatoes Cole Slaw Wheat Bun Ambrosia Salad	<b>Baked Fish with Tomato Salsa</b> Rice Pilaf Spinach Wheat Bread Pineapple	<b>Meatloaf with Mushroom Gravy</b> Mashed Potatoes Broccoli Wheat Bread Applesauce
<b>Monday</b> 28	<b>Tuesday</b> 29	<b>Wednesday</b> 30	<b>Thursday</b> 31	
<b>Lasagna Roll-Ups</b> w/Marinara Sauce Wheat Italian Blend Italian Bread Tapioca Pudding	<b>Beef &amp; Broccoli</b> Egg Noodles Carrots Wheat Bread Tropical Fruit Salad	<b>Peach Glazed Chicken</b> Seasoned Zucchini & Tomato Rice Apple Juice Rye Bread Brownie	<b>Spanish Rice with Beef &amp; Beans</b> Green Beans Corn Bread Fresh Cantaloupe	

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*Dinner 5:00 PM •for reservations call 518-235-2420 by 4:00 pm the day before the meal.*

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>		<b>3</b>	
	<b>Spanish Rice with Beef and Beans</b> Romaine, Radish & Cucumber Salad Corn Bread Strawberries w/Whipped Cream		<b>Chicken Waldorf Salad on Romaine Leaf</b> Macaroni salad Wheat Bread Glazed baked pears w/Vanilla ice cream	
	<b>8</b>		<b>10</b>	
	<b>BBQ Chicken Thighs</b> Potato Salad Spinach Egg Noodles Wheat Bread Vanilla Pudding Tart		<b>American Goulash</b> Romaine Salad Cranberry Juice Dinner Roll Lemon Cake	
	<b>15</b>		<b>17</b>	
	<b>Loaded Mac &amp; Cheese w/Chicken &amp; Bacon</b> Broccoli Apple Juice Wheat Bread Strawberries w/Whipped Topping		<b>Eggplant Parmesan w/Cheese</b> Romaine Salad Italian Dressing Wheat Bread Italian Ice	
	<b>22</b>		<b>24</b>	
	<b>Burger w/Swiss Cheese, Lettuce, Tomato, Onion</b> Wheat Bun Seasoned Potato Wedges California Blend Fresh Seasonal Fruit Cup		<b>Parmesan Crusted Chicken</b> Garlic Mashed Potatoes Prince Edward Island Blended Vegetables Wheat Bread Brownie	
	<b>29</b>		<b>31</b>	
	<b>Ziti w/Meatballs</b> Romaine Salad Italian Dressing Wheat Bread Sugar Cookie		<b>Oven Baked Fish Sandwich on Wheat Bun</b> Lettuce & Tomatoes Roasted Red Potatoes Cole Slaw Strawberry Shortcake	

*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 milk. **Some items may be subject to last minute substitution.** 7/27/2017*