



**February 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
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>Pot Roast w/Gravy</b> Mashed Potatoes Broccoli Rye Bread  <i>Birthday Cake!</i>	<b>Chicken Teriyaki</b> Asian Vegetables Rice Wheat Bread Pound Cake with Mixed Berries	<b>Lemon Garlic Fish</b> Hash Browns Mashed Butternut Squash Pine-Orange Juice Rye Bread Chocolate Mousse
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Lasagna Roll-Up</b> Marinara Sauce Romaine Lettuce w/Tomatoes & Carrots Italian Dressing Wheat Italian Bread Pears	<b>Meatloaf w/Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries and Whipped Topping	<b>Honey Mustard Chicken</b> Spinach Orange Juice Rice Wheat Bread Tapioca Pudding	<b>Beef Stew</b> (Peas, Carrots, Potatoes) Grape Juice Wheat Biscuit Fruit Cocktail	<b>Mac &amp; Cheese</b> Stewed Tomatoes Wheat Bread Baked Apples
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Chicken w/Peach Sauce</b> Broccoli Brown Rice Wheat Bread Tapioca Pudding	<b>Chili Con Carne</b> (Tomatoes & Beans) Spinach Corn Bread Apple Crisp	<b>Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Prince Edward Island Blended Veggies Wheat Bread Pineapple	<b>Sheppard's Pie</b> (Mixed Veggies & Mashed Potatoes) Brussel Sprouts Wheat Roll Apricots	<b>Grilled Munster Cheese Sandwich</b> On Wheat Tomato Soup Coleslaw Apple Juice Brownie
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>CLOSED</b> <b>President's Day</b>	<b>Baked Fish w/Lemon Herb Sauce</b> Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	<b>Salisbury Steak w/Mushroom Gravy</b> Mashed Potatoes Roasted Butternut Squash Wheat Bread Warmed Cherry Pie Filling w/Whip Top	<b>Turkey Tetrazzini</b> (Peas & Pasta) Beets Wheat Bread Mandarin Oranges	<b>Cheeseburger w/Swiss</b> On Wheat Hamburger Bun Seasoned Oven Roasted Potatoes Brussel Sprouts Oatmeal Cookie Pears
<b>27</b>	<b>28</b>			
<b>Lemon Oregano Fish</b> Stewed Tomatoes & Zucchini Hash Browned Potatoes Rye Bread Citrus Ambrosia	<b>Herbed Chicken w/Gravy</b> Roasted Sweet Potatoes Broccoli Wheat Bread Tapioca Pudding			



**February 2017**

**Cohoes Senior Center Dining**  
 10 Cayuga Plaza. Cohoes, NY 12047  
 Dinner 5:00 PM



**. For reservations call 518-235-2420 by 4:00 pm the day before the meal.**

Monday	Tuesday	Wednesday	Thursday	Friday
			2	
			<b>Roast Pork w/Gravy</b> Mashed Potatoes Carrots Wheat Bread Sliced Apples w/Cinnamon	
	7		9	
	<b>Chicken &amp; Dumpling</b> Mashed Potatoes Peas & Carrots Wheat Bread Blueberry Tart w/Whipped Cream		<b>Spaghetti w/Meatballs</b> Romaine Lettuce w/Tomatoes & Carrots Italian Dressing Italian Bread Italian Ice	
	14		16	
	<b>Shrimp Scampi</b> Spinach Wheat Bread Apple Crisp		<b>Stuffed Chicken Breast w/Gravy</b> Mashed Sweet Potatoes Wax Beans Wheat Bread Citrus Ambrosia	
	21		23	
	<b>Sausage and Pasta Skillet w/Marinara Sauce</b> (Broccoli & Onions) Romaine Lettuce w/Tomatoes & Carrots Italian Dressing Cranberry Juice Wheat Roll Applesauce Cake		<b>Chicken Parmesan w/Sauce and Cheese</b> Italian Vegetables Wheat Italian Bread Vanilla Pudding Tart	
	28			
	<b>Stuffed Peppers</b> (Rice, Beef, Tomato Sauce) Carrots Wheat Roll Fruit Salad			

*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 substitution.*