



JUNE 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
			1	2
			Baked Fish w/Tomato Sauce Spinach Rice Pilaf Wheat Bread Pineapple	Meatloaf w/Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce
5	6	7	8	9
Lasagna Roll-Ups w/Marinara Sauce Italian Blend Veggies Wheat Italian Bread Tapioca Pudding	Beef & Broccoli Carrots Egg Noodles Wheat Bread Tropical Fruit Salad	Peach Glazed Chicken Seasoned Zucchini & Tomato Apple Juice Rice Rye Bread Brownie	Spanish Rice w/Beef & Beans Green Beans Corn Bread Fresh Cantaloupe	Turkey Rieben Sandwich on Rye Tomato Soup Mix Berries w/Whipped Cream
12	13	14 🎂	15	16
Breaded Chicken Parm Romaine Salad w/Shredded Carrots, Tomatoes Pasta Wheat Bread Peaches	Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	Eggplant Parmesan w/Sauce & Cheese Romaine Salad w/Carrots & Tomatoes Wheat Bread Birthday Cake! 🎂	Roasted Pork Loin w/Gravy Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce	Pepper Steak (Onions & Peppers) Summer Squash Rice Wheat Bread Lemon Cake
19	20	21	22	23
Chicken Primavera Italian Blend Veggies Pasta Wheat Bread Tropical Fruit Salad	Ham & Bean Casserole Spinach Corn Bread Blueberry & Vanilla Yogurt Parfait	Sloppy Joe on Wheat Bun Seasoned Zucchini w/ Tomatoes Watermelon	Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blend Veggies Wheat Bread Brownie	Chef Salad w/Ham, Swiss, Hard Boiled Egg Fruit Punch Wheat Bread Lemon Cake
26	27	28	29	30
BBQ Chicken California Blend Veggies Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	Roast Pork w/Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	Baked Chicken w/Mushroom Gravy Italian Blend Veggies Rice Rye Bread Strawberry Shortcake	Lemon Garlic Baked Fish Baked Sweet Potatoes Spinach Wheat Dinner Roll Fresh Melon Cup

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.



JUNE 2017



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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
			1	
			Parmesan Crusted Chicken Garlic Mashed Potatoes Prince Edward Island Veggies Wheat Bread Brownie	
	6		8	
	Ziti w/Meatballs Tossed Romaine Salad Italian Dressing Wheat Bread Sugar Cookie		Oven Baked Fish w/Tartar Sauce, Lettuce, & Tomato on Wheat Bun Roasted Red Potatoes Cole Slaw Strawberry Shortcake	
	13		🎵 15 🎵	
	Pot Roast w/Gravy Mashed Potatoes Spinach Wheat Bread Blueberry Crisp		Father's Day Dinner Herbed Chicken w/Gravy Mashed Potatoes Red Cabbage Slaw Wheat Dinner Roll Blueberry Crisp	
	20		22	
	Spanish Rice w/Beef & Beans Romaine, Radish, Cucumber Salad Corn Bread Strawberries w/Whipped Cream		Chicken Waldorf Salad on bed of Romaine Macaroni Salad Wheat Bread Glazed Baked Pears w/Vanilla Ice Cream	
	27		29	
	BBQ Chicken Thighs Potato Salad Spinach Egg Noodles Wheat Bread Vanilla Pudding Tart		American Goulash Romaine Salad w/Carrots, Cucumber, Tomatoes Cranberry Juice Wheat Dinner Roll Lemon Cake	

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5/31/2017