



AUGUST 2018

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	3
		A. Ham & Bean Casserole Spinach Corn Bread Blueberries w/ Vanilla Yogurt Parfait B. Baked Fish	A. Baked Ziti w/ Cheese Dinner Salad Dinner Roll Peaches & Cream B. Baked Fish C. Seafood Salad Sandwich Dinner Salad Macaroni Salad Hot Dog Bun Fresh Melon	A. Beef Stroganoff Braised Red Cabbage Egg Noodles Wheat Biscuit Applesauce Brownie B. Baked Fish
6	7	8	9	10
A. BBQ Chicken California Blended Roasted Sweet Potatoes Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie B. Baked Fish C. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Wheat Bread Chocolate Pudding	A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing <i>Wheat Bread</i> <i>Applesauce</i> B. Baked Fish C. Chef Salad w/ Munster, Turkey, Boiled Egg	A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Cranberry Juice Stuffing Birthday Cake B. Baked Fish	A. Beef Tips w/ Brown Gravy Egg Noodles Parsley Carrots <i>Fruit Juice</i> <i>Wheat Bread</i> <i>Rice Pudding</i> B. Baked Fish C. Turkey Sandwich Potato Salad	A. Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash <i>Dinner Roll</i> <i>Brownie</i> B. Baked Fish C. Egg Salad Sandwich Pickled Beets Wheat Bread Apple Juice
13	14	15	16	17
A. American Goulash Dinner Salad Pasta <i>Whole wheat bread</i> <i>Mandarin Oranges</i> B. Baked Fish C. Chef Salad w/ Munster, Turkey, Boiled Egg	A. Baked Chicken w/ Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake B. Baked Fish	A. Cheese Burger Roasted Potatoes Broccoli Hamburger Bun Pears B. Baked Fish C. Turkey and Cheese Wrap Carrot & Raisin Salad V-8 Juice Pears	A. Turkey Tetrazzini w/ Peas Spaghetti Brussels' Sprouts Orange Juice <i>Wheat Bread</i> <i>Applesauce Cake</i> B. Baked Fish C. Cottage Cheese w/ Boiled Egg, and Peaches Pickled Beet Salad	A. BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie B. Baked Fish

20	21	22	23	24
<p>A. Baked Fish w/ Tomato Salsa Rice Pilaf California Blend Apple Juice Wheat Bread Lemon Pudding</p> <p>B. Baked Fish</p> <p>C. Tuna Salad Sandwich Spinach Salad w/ Tomato & Carrots</p>	<p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes Dinner Roll Pineapple</p> <p>B. Baked Fish</p> <p>C. Chicken Salad Plate On A Bed Of Lettuce Marinated Tomato & Cucumber Salad Pineapple chunks</p>	<p>A. Chicken w/ Honey Mustard Sauce Mashed Sweet Potato Green Beans Dinner Roll Apricots</p> <p>B. Baked Fish</p>	<p>A. Barbeque Pulled Pork Oven Roasted Potatoes Coleslaw Wheat Bun Oatmeal Raisin Cookie</p> <p>B. Baked Fish</p> <p>C. Chicken Waldorf Salad w/ Apples, Grapes, Walnuts On A Bed Of Lettuce</p>	<p>A. Meatloaf w/ Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce</p> <p>B. Baked Fish</p> <p>C. Ham & Swiss Cheese Sandwich w/ Lettuce & Tomato Carrot Raisin Salad</p>
27	28	29	30	31
<p>A. Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables Whole Wheat Bread Tapioca Pudding</p> <p>B. Baked Fish</p> <p>C. Ham Salad Sandwich w/ Lettuce & Tomato Carrot Raisin Salad Italian Bread Orange Juice</p>	<p>A. Oregano Lemon Chicken Garlic Rosemary Roasted Potatoes Cali Blend Veggies Cranberry Juice Rye Bread Applesauce Cake</p> <p>B. Baked Fish</p> <p>C. Chicken Taco w/ Lettuce Cheese & Salsa Mexican Coleslaw</p>	<p>A. Beef & Broccoli Rice Carrots Dinner Roll Blueberries & Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Hungarian Goulash Egg Noodles Spinach Dinner Roll Melon in Season</p> <p>B. Baked Fish</p> <p>C. Chicken Pita Sandwich w/ Hummus, and Vegetables Broccoli Salad Pita Bread</p>	<p>A. Cheese Burger w/ Lettuce & Tomato Three Bean Salad Melon Balls Hamburger Bun Vanilla Ice Cream Cup</p> <p>B. Baked Fish</p>

This Congregate Dining Program is primarily funded through support from by the Albany County Department for Aging, the New York State Office for Aging, and the Administration on Aging. All Albany County congregate meal programs allow for a suggested contribution of \$3.00.

Contributions are very much appreciated, and go directly to support and expand the congregate meal program.

Contributions are voluntary, confidential, and purely optional.

All seniors are welcome and encouraged to attend our meal program. Please make a reservation to assure we have a meal available at the meal program you would like to attend. 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.



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

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	<p>7</p> <p>A. Loaded Mac & Cheese Broccoli Apple Juice Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>		<p>9</p> <p>A. Eggplant Parmesan Dinner Salad Tropical Fruit Salad Dinner Roll Lemon Italian Ice</p> <p>B. Baked Fish</p>	
	<p>14</p> <p>A. Roast Beef w/ Gravy Mashed Potatoes Carrots Wheat Bread Blueberry Crisp</p> <p>B. Baked Fish</p>		<p>16</p> <p>A. American Goulash Dinner Salad Cranberry Juice Wheat Bread Lemon Cake</p> <p>B. Baked Fish</p>	
	<p>21</p> <p>A. Cheese Burger w/ Lettuce, Tomato & Onion Potato Wedges California Blend Hamburger Bun Fresh Fruit Cup</p> <p>B. Baked Fish</p>		<p>23</p> <p>A. Parmesan Crusted Chicken Garlic Mashed Potatoes Prince Edwards Vegetables Applesauce Dinner Roll Brownie</p> <p>B. Baked Fish</p>	
	<p>28</p> <p>A. Ziti w/ Meatballs Dinner Salad Italian Dressing Wheat Bread Sugar Cookie</p> <p>B. Baked Fish</p>		<p>30</p> <p>A. Oven Baked Fish Sandwich Roasted Red Potatoes Coleslaw Wheat Bun Strawberry w/ Shortcake</p> <p>B. Baked Chicken Breast</p>	