



# DECEMBER 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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>A. Spaghetti w/Meat Sauce</b>            Dinner Salad            Dinner Roll  <i>Tapioca Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham Salad Sandwich w/ Lettuce and Tomato</b>            Orange Juice            Coleslaw w/ Carrots            Rye Bread</p>	<p><b>A. Herbed Chicken w/ Gravy</b>            Baked Sweet Potatoes and Apples            Spinach            Dinner Roll  <i>Brownie</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. 2 Beef Tacos w/Shredded Cheese, Lettuce and Tomato, Salsa and Sour Cream</b>            French Dressing            Spinach Salad w/ Tomato and Carrots            Whole Wheat Wrap</p>	<p><b>A. Spanish Rice</b>            Carrots            Corn Bread            Pound Cake w/ Blueberries</p> <p><b>B. Baked Fish</b></p>	<p><b>A. BBQ Pulled Pork</b>            Seasoned Red Roasted Potatoes            Coleslaw w/ Carrots            Whole Wheat Bun  <i>Applesauce w/ Cinnamon</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Pita Sandwich w/ Chicken and Hummas</b>            Roasted Veggies.            Potato Salad w/ Carrots            Whole Wheat Pita</p>	<p><b>A. Tuna Salad Sandwich</b>            Hardy Bean Soup            Pickled Beets Salad            Apple Juice            Wheat Bread            Brownie</p> <p><b>B. Baked Chicken</b></p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>Chicken Chow Mein Spaghetti</b>            Asian Vegetable Blend            Whole Wheat Bread  <i>Strawberries w/ Whipped Topping</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Bacon Lettuce and Tomato Sandwich</b>            Three Bean Salad</p>	<p><b>Roast Turkey w/ Gravy</b>            Mashed Potatoes            Carrots            Whole Wheat Stuffing  <i>Applesauce</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Roast Beef Sandwich w/ Lettuce and Tomato</b>            Cream of Broccoli Soup            Rye Bread</p>	<p><b>Eggplant Parm</b>            Dinner Salad            Apple Juice            Dinner Roll            Birthday Cake and Ice Cream</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Meatloaf w/ Mushroom Gravy</b>            Mashed Sweet Potatoes            Green Beans            Corn Bread  <i>Pears w/ Vanilla Ice Cream</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Tuna Salad Sandwich w/ Lettuce and Tomato</b>            Potato Soup            Grape Juice            Whole Wheat Bread</p>	<p><b>A. Potato Crunch Fish</b>            Seasoned Oven Roasted Potatoes            Spinach            Whole Wheat Bread            Lemon cake w/ Frosting</p> <p><b>B. Baked Chicken</b></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>A. Mac &amp; Cheese</b>            Stewed Tomatoes            Whole Wheat Bread  <i>Peaches &amp; Sugar Cookie</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. BLT Chicken Pasta Salad</b>            V-8 Juice</p>	<p><b>A. Pork Roast w/ Gravy</b>            Seasoned Oven Roasted Sweet Potatoes            Peas &amp; Carrots            Dinner Roll  <i>Sliced Apples w/ Cinnamon and Whipped Topping</i></p> <p><b>B. Baked Fish</b></p>	<p><b>A. Chicken Teriyaki Over Rice</b>            Asian Veg.            Whole Wheat Bread            Pound Cake w/ Mixed Berries</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roast Beef w/ Gravy</b>            Mashed Potatoes            Broccoli            Rye Bread  <i>Pumpkin Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Seafood Salad Pita w/ Lettuce and Tomato</b></p>	<p><b>A. Lasagna Roll-ups</b>            Spinach Salad w/ Mandarin Oranges            Italian Dressing            Whole Wheat Bread            Cherry Crisp</p> <p><b>B. Baked Fish</b></p>

	<b>C. Chicken Curry Salad on Bed of Lettuce</b> Pasta Broccoli Salad		Dinner Salad w/ Italian Dressing Apple Juice Whole Grain Pita	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>A. Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i> <b>B. Baked Chicken</b> <b>C. Chicken Salad Sandwich w/ Lettuce and Tomato</b> Pickled Beets Fresh Fruit Cup Whole Wheat Bread	<b>Closed</b> <b>Merry Christmas</b>	<b>A. Honey Mustard Chicken Over Rice</b> Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail  <b>B. Baked Fish</b>	<b>A. Beef Stew</b> Dinner Salad Dinner Roll <i>Lemon Pudding</i> <b>B. Baked Fish</b> <b>C. Turkey Sandwich w/ Lettuce and Tomato</b> Orange Pineapple Juice Carrot & Raisin Salad Whole Wheat Bread	<b>A. Mac &amp; Cheese</b> Stewed Tomatoes <i>Pineapple/ Orange Juice</i> <i>Whole Wheat Bread</i> <i>Brownie</i> <b>B. Baked Fish</b> <b>C. Egg Salad Sandwich w/ Lettuce and Tomato</b> Butternut Squash Soup
<b>31</b>				
<b>A. Chicken Cacciatore Over Noodles</b> California Blend Veg. Dinner Roll <i>Vanilla Pudding</i> <b>B. Baked Fish</b> <b>C. Meatball Sub</b> Dinner Salad w/Dressing Whole Wheat Hotdog Bun				

*This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. 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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### Cohoes Senior Center Dining

10 Cayuga Plaza. Cohoes, NY 12047 *Dinner 5:00 PM • Please call 518-235-2420 by 4:00 pm the day before the meal.*

Monday	Tuesday 4	Wednesday	Thursday 6	Friday
	<b>A. Hot Open Faced Turkey Sandwich w/Gravy</b> Mashed Potatoes Carrots Cranberry Sauce Wheat Bread Lemon Cake  <b>B. Baked Fish</b>		<b>A. Seafood Newburgh</b> California Blended Vegetables Orange/Pineapple Rice Dinner Roll Brownie  <b>B. Baked Fish</b>	
	<b>11</b>		<b>13</b>	
	<b>A. Stuff Peppers w. Beef , Tomato Sauce, and Rice</b> Spinach & Mandarin Salad w/ Dressing Dinner Roll Cherry Crisp  <b>B. Baked Fish</b>		<b>A. Roast Pork w/ Gravy</b> O'Brian Potatoes Carrots Dinner Roll Sliced Apples w/ Cinnamon  <b>B. Baked Fish</b>	
	<b>18</b>		<b>20</b>	
	<b>A. Beef Lasagna w/ Tomato Sauce</b> Italian Vegetables Grape Juice Rye Bread Ice Cream  <b>B. Baked Fish</b>		<b>A. Ham w/ Crushed Pineapple</b> Mashed Sweet Potato Peas Dinner Roll Apple Pie  <b>B. Baked Fish</b>	
	<b>25</b>		<b>27</b>	
	<b>Closed</b>  <b>Merry Christmas</b>		<b>A. Pepper Steak</b> Oven Roasted Potatoes Cauliflower Dinner Salad Rye Bread Ice Cream  <b>B. Baked Fish</b>	

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