



# FEBRUARY 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
			Roast Beef w/ Gravy Mashed Potatoes Broccoli Wheat Bread Pumpkin Pudding	Lasagna Roll-up w/Marinara Sauce Dinner Salad Italian Bread Baked Pears w/ Ice Cream
5	6	7	8	9
Lemon Garlic Fish Butternut Squash Spinach Dinner Roll Chocolate Mousse	Meatloaf w/Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Wheat Bread Pound Cake w/Strawberries & Whipped Topping	Honey Mustard Chicken Seasoned Zucchini & Tomatoes Orange Juice Rice Dinner Roll Tapioca Pudding	Beef Stew Dinner Salad Wheat Bread Fruit Cocktail	Mac & Cheese Stewed Tomatoes Wheat Bread Grape Juice Brownie
12	13	14	15	16
Chicken w/Peach Sauce Broccoli Brown Rice Dinner Roll Vanilla Pudding	Chili Con Carne Spinach Corn Bread Apple crisp	Roast Pork w/Gravy Mashed Potatoes Broccoli Applesauce Wheat Bread <i>Birthday Cake</i>	Shepard's Pie Brussels Sprouts Wheat Roll Citrus Ambrosia	Grilled Munster Cheese Sandwich Tomato Soup Coleslaw Wheat Bread Apple Juice Brownie
19	20	21	22	23
<b>Closed</b> <b>President's Day</b>	Baked Fish w/Lemon Herb Sauce Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Parsley Carrots Grape Juice Wheat Bread Cherry Crisp	Turkey Tetrazzini Over Pasta Beets Dinner Roll Mandarin Oranges	Baked Ziti W/Tomato sauce Italian Blended Vegetables Italian Bread Chocolate Pudding
26	27	28		
Spanish Rice Carrots Corn Bread Brownie	Herbed Chicken w/ Gravy Baked Sweet Potatoes & Apples Broccoli Dinner Roll Tapioca Pudding	Spaghetti w/ Meat Sauce Dinner Salad Italian Bread Pound Cake w/ Blueberries		



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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>Pork Roast w/Gravy</b> O'Brien Potatoes Carrots Wheat Bread Sliced Apples with Cinnamon	
	<b>6</b>		<b>8</b>	
	<b>Chicken &amp; Dumpling</b> Oven Roasted Potatoes Peas & Carrots Blueberry Tart w/Whipped Cream		<b>Spaghetti w/Meatballs</b> Dinner Salad Italian Bread Cauliflower Italian Ice	
	<b>13</b>		<b>15</b>	
	<b>Roast Beef w/Gravy</b> Asparagus Mashed Potatoes Wheat Biscuit Cherry Crisp		<b>Mac &amp; Cheese</b> Stewed Tomatoes Wheat Bread Peaches & Cream	
	<b>20</b>		<b>22</b>	
	<b>Sausage w/ Tomato Sauce</b> <b>Peppers &amp; Onions</b> Dinner Salad Penne Pasta Dinner Roll Chocolate Chip Cookie		<b>Chicken Parmesan</b> <b>w/Spaghetti</b> Italian Vegetables Apple Juice Italian Bread Vanilla Pudding Tart	
	<b>27</b>			
	<b>Hot Open Faced Turkey</b> <b>Sandwich w/ Gravy</b> Mashed Potatoes Carrots Cranberry Sauce Wheat Bread Lemon Cake			