



# JANUARY 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	4	5
<b>Closed New Years</b>	<b>Chili Con Carne</b> Spinach Corn Bread Fresh Apple	<b>Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Prince Edward Island Vegetables Wheat Bread Pineapple Chunks	<b>Shepherd's Pie</b> Brussels Sprouts Wheat Roll Citrus Ambrosia	<b>Grilled Munster Cheese Sandwich</b> Tomato Soup Coleslaw Wheat Bread Apple Juice Brownie
8	9	10	11	12
<b>Cheesburger w/Swiss Cheese</b> Seasoned Oven Roasted Potatoes Brussels Sprouts Hamburger Bun Blueberry Tart	<b>Baked Fish w/Lemon Herb Sauce</b> Stewed Tomatoes Cranberry Juice Rice Rye Bread Applesauce Cake	<b>Roast Beef w/ Gravy</b> Mashed Potatoes Broccoli Fruit Cocktail Wheat Bread <b>Birthday Cake!</b>	<b>Turkey Tetrazzini Over Pasta</b> Beets Dinner Roll Mandarin Oranges	<b>Baked Ziti</b> Italian Blended Vegetables Italian Bread Chocolate Pudding
15	16	17	18	19
<b>Closed</b>	<b>Herbed Chicken w/ Gravy</b> Baked Sweet Potatoes Broccoli Dinner Roll Tapioca Pudding	<b>Spaghetti w/ Meat Sauce</b> Dinner Salad Italian Bread Pound Cake w/ Blueberries	<b>BBQ Pulled Pork</b> Roasted Red Potatoes Coleslaw w/ Carrots Hamburger Bun Cinnamon Applesauce	<b>Tuna Salad Sandwich</b> Hearty Bean Soup Pickled Beet Salad Apple Juice Wheat Bread Brownie
22	23	24	25	26
<b>Chicken &amp; Rice</b> Peas & Carrots Grape juice Wheat Bread Chocolate Chip Cookie	<b>Roast Turkey w/ Gravy</b> Whipped Sweet potatoes Carrots Stuffing Applesauce	<b>Sweet &amp; Sour Pork</b> Asian Vegetables Rice Dinner Rolls Pineapple Chunks	<b>Meatloaf w/Mushroom Gravy</b> Mashed Potatoes Green Beans Corn Bread Pear	<b>Potato Crunch Fish</b> Spinach Pineapple Juice Rice Pilaf Wheat Bread Lemon Cake w/ Frosting
29	30	31		
<b>Chicken Ala King Egg Noodles</b> Peas Wheat Bread Strawberries w/ Whipped Topping	<b>Roast Pork w/Gravy</b> Oven Roasted Potatoes Carrots Dinner Rolls Spiced Apples with Whipped Topping	<b>Chicken Teriyaki</b> Asian Vegetables Rice Wheat Bread Pound Cake with Mixed Berries		

*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 milk. **Some items may be subject to last minute substitution.***



# JANUARY 2018

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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>2</b>		<b>4</b>	
	<b>Roast Beef w/Gravy</b> Asparagus Mashed Potatoes Whole Wheat Biscuit Cherry Crisp		<b>Mac &amp; Cheese</b> Stewed Tomatoes Broccoli Wheat Bread Peaches & Cream	
	<b>9</b>		<b>11</b>	
	<b>Sausage w/ Tomato            Sauce Peppers &amp;            Onions</b> Dinner Salad Penne Pasta Dinner Roll Chocolate Chip Cookie		<b>Chicken Parmesan            w/Spaghetti</b> Italian Vegetables Apple Juice Italian Bread Vanilla Pudding Tart	
	<b>16</b>		<b>18</b>	
	<b>Hot Open Faced            Turkey Sandwich w/            Gravy</b> Mashed Potatoes Carrots Cranberry Sauce Wheat Bread Lemon Cake		<b>Baked Haddock</b> California Blend Vegetables Fruit Punch Rice Dinner Roll Brownie	
	<b>23</b>		<b>25</b>	
	<b>Stuffed Peppers</b> Carrots Dinner Roll Fruit Salad		<b>Spiral Ham            w/Crushed Pineapple</b> Mashed Sweet Potatoes Green Peas Wheat Dinner Roll Strawberry Shortcake	
	<b>30</b>			
	<b>Beef Lasagna</b> Italian Vegetables Grape Juice Wheat Italian Bread Ice Cream			