



JUNE 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 |
| | | | | A. Meatloaf w/ Mushroom Gravy Mashed Potatoes Broccoli <i>Wheat Bread Applesauce</i> B. Baked Fish C. Ham & Swiss Cheese Sandwich w/ Lettuce & Tomato Carrot Raisin Salad |
| 4 | 5 | 6 | 7 | 8 |
| A. Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables <i>Whole Wheat Bread Tapioca Pudding</i> B. Baked Fish C. Ham Salad Sandwich w/ Lettuce & Tomato Carrot Raisin Salad Orange Juice Italian Bread | A. Oregano Lemon Chicken Garlic Rosemary Roasted Potatoes Cali Blend Veggies <i>Cranberry Juice Rye Bread Applesauce Cake</i> B. Baked Fish C. Chicken Taco w/ Lettuce Cheese & Salsa Mexican Coleslaw | Beef & Broccoli Rice Carrots Dinner Roll Blueberries & Whipped Topping B. Baked Fish | A. Hungarian Goulash Egg Noodles Spinach Dinner Roll <i>Melon in Season</i> B. Baked Fish C. Pita Sandwich w/ Chicken, Hummus, and vegetables Broccoli Salad | Peach Glazed Chicken Mashed Sweet Potatoes Sautéed Summer Squash Rye Bread Brownie B. Baked Fish |
| 11 | 12 | 13 | 14 | 15 |
| A. Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll <i>Chocolate Pudding</i> B. Baked Chicken C. Turkey Bacon BLT Three Bean Salad Apple Juice Wheat Bread | A. Turkey w/ Gravy Mashed Potatoes Wheat Stuffing Peas & Carrots <i>Applesauce Cake</i> B. Baked Fish C. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread | A. Chicken Parmesan w/ Cheese Pasta Dinner Salad Wheat Bread <i>Birthday Cake</i> B. Baked Fish | A. Pepper Steak & Onions Egg Noodles Beets Wheat Bread <i>Lemon Cake</i> B. Baked Fish C. Tuna Salad Sandwich Carrot Raisin Salad Grape Juice | A. Chef Salad w/ Cheese, Turkey & Hard Boiled Egg Ranch Dressing Peaches Dinner Roll Chocolate Chip Cookie B. Baked Fish |
| 18 | 19 | 20 | 21 | 22 |

| | | | | |
|--|--|---|--|--|
| <p>A. Honey Mustard Chicken Sweet Potatoes California Blend Vegetables Wheat Bread <i>Brownie & Ice Cream</i></p> <p>B. Baked Fish</p> <p>C. BLT Bow Tie Chicken Pasta Salad V-8 Juice</p> | <p>A. Sloppy Joe Roasted Red Potatoes Sautéed Summer Squash Hamburger Bun <i>Watermelon</i></p> <p>B. Baked Fish</p> <p>C. B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers</p> | <p>A. Ham & Bean Casserole Spinach Corn Bread Blueberry & Vanilla Yogurt Parfait</p> <p>B. Baked Fish</p> | <p>A. Baked Ziti w/ Cheese Dinner Salad Dinner Roll Peaches & Cream</p> <p>B. Baked Fish</p> <p>C. Seafood Salad Sandwich Dinner Salad Macaroni Salad Hot Dog Bun Fresh Melon</p> | <p>A. Beef Stroganoff Egg Noodles Braised Red Cabbage Wheat Biscuit Applesauce Brownie</p> <p>B. Baked Fish</p> |
| <p style="text-align: center;">25</p> | <p style="text-align: center;">26</p> | <p style="text-align: center;">27</p> | <p style="text-align: center;">28</p> | <p style="text-align: center;">29</p> |
| <p>A. BBQ Chicken Roasted Sweet Potatoes California Blend Vegetables Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie</p> <p>B. Baked Fish</p> <p>C. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Wheat Bread Chocolate Pudding</p> | <p>A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing <i>Wheat Bread Applesauce</i></p> <p>B. Baked Fish</p> <p>C. Chef Salad with Munster Cheese, Turkey & Boiled Egg</p> | <p>A. Chicken Cacciatore Rice Broccoli Dinner Roll Pineapple</p> <p>B. Baked Fish</p> | <p>A. Beef Tips w/ Brown Gravy Egg Noodles Parsley Carrots <i>Fruit Juice Wheat Bread Rice Pudding</i></p> <p>B. Baked Fish</p> <p>C. Turkey Sandwich Potato Salad</p> | <p>A. Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash <i>Dinner Roll Brownie</i></p> <p>B. Baked Chicken</p> <p>C. Egg Salad Sandwich Pickled Beets Apple Juice</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.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|-----------|---|--------|
| | 5 | | 7 | |
| | A. Ziti w/ Meatballs Dinner Salad Italian Dressing Wheat Bread Sugar Cookie B. Baked Fish | | A. Oven Baked Fish Sandwich Roasted Red Potatoes Coleslaw Wheat bun Strawberry w/ Shortcake B. Baked Chicken Sandwich | |
| | 12 | | 14 | |
| | A. Barbequed Pulled Pork Sandwich Cole Slaw Three Bean Salad Wheat bun Vanilla Ice Cream w/ Warm Apple Slices B. Baked Fish | | A. Greek Style Chicken Rice Sautéed Spinach Pineapple Juice Wheat Bread Chocolate Cupcake B. Baked Fish | |
| | 19 | | 21 | |
| | A. BBQ Chicken Thighs Potato Salad Spinach Salad w/oranges Wheat Bread Vanilla Pudding Tart B. Baked Fish | | A. Chicken Waldorf Salad On bed of Romaine Lettuce Macaroni Salad Dinner Roll Glazed Pears & Vanilla Ice Cream B. Baked Fish | |
| | 26 | | 28 | |
| | A. Loaded Mac & Cheese Broccoli Apple Juice Wheat Bread Strawberries w/ Whipped Topping B. Baked Fish | | A. Eggplant Parmesan Dinner Salad Tropical Fruit Salad Dinner Roll Lemon Italian Ice B. Baked Fish | |

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