



# MARCH 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>1</b>	<b>2</b>
			<b>BBQ Pulled Pork</b> Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Hamburger Bun Apple sauce w/ Cinnamon	<b>Tuna Salad Sandwich</b> Hearty bean Soup Pickled Beet Salad Apple Juice Wheat Bread Brownie
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Chicken &amp; Rice</b> Peas & Carrots Grape Juice Whole Wheat Bread Chocolate Chip Cookie	<b>Roasted turkey w/ Gravy</b> Whipped Sweet Potatoes Carrots Whole Wheat Stuffing Apple Sauce	<b>Sweet &amp; Sour Pork</b> Asian Vegetables Rice Whole Wheat dinner Roll Pineapple Chunks	<b>Meatloaf w/ Mushroom gravy</b> Mashed Potatoes Green Beans Corned Bread Pears w/ Vanilla Ice Cream	<b>Potato Crunch Fish</b> Spinach Pineapple Juice Rice Pilaf Whole Wheat Bread Lemon cake w/ Frosting
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Chicken Ala King</b> Peas Egg Noodle Whole wheat Bread Strawberries w/ Whipped topping	<b>Roast Pork w/ Gravy</b> Seasoned oven Roasted Red potatoes Carrots Whole Wheat Dinner Roll Sliced Apples w/ Cinnamon w/ Whipped Topping	<b>Chicken Parmesan w/ Sauce &amp; Cheese</b> Dinner Salad Pineapple Juice Penne Pasta Wheat Bread <i>Birthday Cake</i>	<b>Savory Roast Beef w/ Gravy</b> Mashed Potatoes Broccoli Whole Wheat Bread Pumpkin Pudding	<b>Lasagna Roll-ups w/ Marinara Sauce</b> Dinner Salad Whole Wheat Italian Baked Pears w/ Ice Cream
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Whole wheat Dinner Roll Chocolate Mousse	<b>Meatloaf W/ Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower Whole Wheat Bread Pound Cake w/ Strawberries & whipped Topping	<b>Honey Mustard Chicken</b> Seasoned Zucchini & Tomatoes Orange Juice Rice Whole wheat Dinner Roll Tapioca Pudding	<b>Beef Stew</b> Dinner Salad Whole Wheat Bread Fruit Cocktail	<b>Mac &amp; Cheese</b> Stewed Tomato Grape Juice Whole Wheat Bread Brownie
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Chicken w/ Peach Sauce</b> Broccoli Apple Juice Brown rice Whole Wheat Dinner Roll Vanilla Pudding	<b>Chili con Carne</b> Spinach Corn Bread Apple Crisp	<b>Roast Pork w/ Gravy Seasoned Oven Roasted potatoes</b> Prince Edward Island Blended Vegetables Whole Wheat bread Pineapple Chunks	<b>Sheppard's Pie</b> Brussel Sprouts Whole Wheat Roll Citrus Amrosia	<b>Grilled Munster Cheese Sandwich</b> Tomato Soup Coleslaw Apple Juice Wheat Bread Brownie



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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>Haddock</b> California blend Fruit Punch Rice Whole Wheat Dinner Roll Brownie	
	<b>6</b>		<b>8</b>	
	<b>Stuffed Peppers</b> Carrots Whole Wheat Roll Fruit Salad		<b>Spiral Ham w/ Crushed Pineapple</b> Mashed Sweet Potatoes Green Beans Whole Wheat Roll Strawberry w/ Short cake	
	<b>13</b>		<b>15</b>	
	<b>Beef Lasagna</b> Italian Vegetables Grape Juice Whole Wheat Italian Bread Ice Cream		<b>Corned Beef</b> Boiled Cabbage Boiled Potatoes Carrots Rye bread Strawberries w/ Cream	
	<b>20</b>		<b>22</b>	
	<b>Chicken &amp; Gravy</b> Seasoned Oven Roasted potatoes Peas & Carrots Dumpling Blueberry tart w/ Whipped cream		<b>Spaghetti w/ Meat Balls</b> Cauliflower Dinner Salad Whole Wheat Italian Bread Italian Ice	
	<b>27</b>		<b>29</b>	
	<b>Roast Beef w/ Gravy</b> Asparagus Mashed Potatoes Whole Wheat Biscuit Cherry Crisp		<b>Mac &amp; Cheese</b> Stewed Tomatoes Whole Wheat Bread Peaches & Cream	