



May 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
	A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing <i>Applesauce Cake</i> B. Baked Fish C. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread	A. Breaded Chicken Parmesan w/ Pasta Dinner Salad Wheat Bread Strawberries w/ Whipped Topping B. Baked Fish	A. Pepper Steak & Onions Beets Egg Noodles Wheat Bread <i>Lemon Cake</i> B. Baked Fish C. Tuna Salad Sandwich Carrot Raisin Salad Grape Juice	A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream B. Baked Fish
7	8	9	10	11
A. Chicken Primavera Pasta <i>Wheat Bread</i> <i>Tropical Fruit Salad</i> B. Baked Fish BLT Bow Tie Pasta Salad w/Chicken on Romaine Low Sodium V-8 juice	A. Sloppy Joe Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun <i>Watermelon</i> B. Baked Fish C. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumber Salad	A. Eggplant Parmesan Dinner Salad Tropical Fruit Salad Wheat Bread <i>Birthday Cake</i> B. Baked Fish	A. Baked Ziti w/ Cheese <i>Dinner Salad</i> <i>Dinner Roll</i> <i>Peaches & Cream</i> B. Baked Fish C. Seafood Salad Sandwich Tossed Salad Macaroni Salad Fresh Melon	Beef Stroganoff Braised Red Cabbage Egg Noodle Wheat Biscuit Applesauce Brownie B. Baked Fish

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**.

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
A. BBQ Chicken California Blend Oven Roasted Potatoes Dinner Roll Strawberry Shortcake B. Baked Fish C. Chicken Salad Sandwich on Wheat Bread Carrot Raisin Salad Orange Juice Chocolate Pudding	A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing <i>Wheat Bread</i> <i>Applesauce</i> B. Baked Fish C. Chef Salad w/ Munster, Turkey & Hard Boiled Egg	A. Chicken Cacciatore Rice Broccoli Dinner Roll Pineapple B. Baked Fish C. Turkey Sandwich on Wheat Bread Potato Salad	A. Beef Tips w/ Brown Gravy Egg Noodles Parsley Carrots <i>Fruit Juice</i> <i>Wheat Bread</i> <i>Rice Pudding</i> B. Baked Fish C. Turkey Sandwich on Wheat Bread Potato Salad	A. Lemon Garlic Baked Fish Mashed Sweet Potato Sautéed Summer Squash Dinner Roll <i>Brownie</i> B. Baked Fish C. Egg Salad Sandwich on Wheat Roll Pickled Beets Apple Juice
21	22	23	24	25
A. American Goulash Tossed Salad Elbow Noodles <i>Wheat Bread</i> <i>Mandarin Oranges</i> B. Baked Fish C. Chef Salad w/ Munster, Turkey & Hard Boiled Egg	A. Baked Chicken w/ Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake B. Baked Fish C. Turkey and Cheese Wrap Carrot & Raisin Salad V-8 Juice	A. Cheese Burger Roasted Potatoes Broccoli Hamburger Bun <i>Pears</i> B. Baked Fish C. Turkey and Cheese Wrap Carrot & Raisin Salad V-8 Juice	A. Turkey Tetrazzini Brussels' Sprouts Orange Juice <i>Wheat Bread</i> <i>Applesauce Cake</i> B. Baked Fish C. Cottage Cheese & Hard Boiled Egg Peaches Pickled Beet Salad	A. Chef Salad w/Cheese, Turkey & Hard Boiled Egg Romaine, Tomatoes, Carrots Ranch Dressing Peaches Dinner Roll Chocolate Chip Cookie B. Baked Fish
28	29	30	31	June 1
Memorial Day Holiday	A. Macaroni & Cheese Seasoned Zucchini & Tomatoes <i>Dinner Roll</i> <i>Pineapple</i> B. Baked Fish C. Chicken Salad Plate on Bed of Romaine Marinated Tomato & Cucumber Salad	A. Chicken w/ Honey Mustard Sauce Mashed Sweet Potato Green Beans Dinner Roll Apricots B. Baked Fish	A. Barbeque Pulled Pork Oven Roasted Potatoes <i>Coleslaw</i> <i>Wheat Bun</i> <i>Oatmeal Raisin Cookie</i> B. Baked Fish C. Chicken Waldorf Salad w/ Apples, Grapes & Walnuts on a Bed Of Lettuce	A. Meatloaf w/Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread <i>Applesauce</i> B. Baked Fish C. Ham & Swiss on Wheat Carrot Raisin Salad Applesauce



MAY 2018

Cohoes Senior Center Dining
 10 Cayuga Plaza. Cohoes, NY 12047
 Dinner 5:00 PM

For reservations call 518-235-2420 by 4:00 pm the day before the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	1		3	
	A. Barbequed Pulled Pork On Whole Wheat Bun Cole Slaw Three Bean Salad Vanilla Ice Cream B. Baked Fish		A. Greek Style Chicken Rice Sautéed Spinach Pineapple Juice Wheat Bread Chocolate Cupcake B. Baked Fish	
	8		10	
	A. BBQ Chicken Thighs Potatoe 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	
	15		17	
	A. Loaded Mac & Cheese Broccoli Apple Juice Wheat Bread Strawberries w/ Whipped Topping B. Baked Fish		A. Eggplant w/ Parmesan Cheese Dinner Salad Dinner Roll Fresh Fruit Cup Lemon Italian Ice B. Baked Fish	
	22		24	
	A. Roast Beef w/ Gravy Mashed Potatoes Carrots Wheat Bread Blueberry Crisp B. Baked Fish		A. American Goulash Dinner Salad Cranberry Juice Wheat Bread Lemon Cake B. Baked Fish	
	29		31	
	A. Burger w/Swiss Cheese, Lettuce, Tomato, Onion Seasoned Potato Wedges California Bland Vegetables Fresh Fruit Cup B. Baked Fish		A. Parmesan Crusted Chicken Garlic Mashed Potatoes Prince Edward Island Vegetables Dinner Roll Applesauce Brownie B. Baked Fish	

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.