



NOVEMBER 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
			A. Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears w/ Vanilla Ice Cream</i> B. Baked Fish C. Tuna Salad Sandwich w/ Lettuce and Tomato Potato Soup Grape Juice Whole Wheat Bread	A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting B. Baked Chicken
5	6	7	8	9
A. Mac & Cheese Stewed Tomatoes <i>Whole Wheat Bread Peaches & Sugar Cookie</i> B. Baked Fish C. BLT Chicken Pasta Salad V-8 Juice	A. Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots <i>Dinner Roll Sliced Apples w/ Cinnamon and Whipped Topping</i> B. Baked Fish C. Chicken Curry Salad on Bed of Lettuce Pasta Broccoli Salad	A. Chicken Teriyaki Over Rice Asian Veg. Whole Wheat Bread Pound Cake w/ Mixed Berries B. Baked Fish	A. Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread <i>Pumpkin Pudding</i> B. Baked Fish C. Seafood Salad Pita w/ Lettuce and Tomato Dinner Salad w/ Italian Dressing Apple Juice Whole Grain Pita	A. Lasagna Roll-ups Spinach Salad w/ Mandarin Oranges Whole Wheat Bread Cherry Crisp B. Baked Fish
12	13	14	15	16
A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i> B. Baked Chicken C. Chicken Salad Sandwich w/ Lettuce and Tomato Pickled Beets Fresh Fruit Cup Whole Wheat Bread	A. Meatloaf w/ Tomato Gravy Roasted Potatoes Cauliflower <i>Whole Wheat Bread Pound Cake w/ Strawberries and Whip Topping</i> B. Baked Fish C. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing	A. Chicken Parmesan over pasta w/ Sauce and Cheese Dinner Salad Mandarin Oranges Whole Wheat Bread Birthday Cake B. Baked Fish	A. Beef Stew Dinner Salad Dinner Roll <i>Lemon Pudding</i> B. Baked Fish C. Turkey Sandwich w/ Lettuce and Tomato Orange Pineapple Juice Carrot & Raisin Salad Whole Wheat Bread	A. Mac & Cheese Stewed Tomatoes <i>Pineapple/ Orange Juice</i> <i>Whole Wheat Bread Brownie</i> B. Baked Fish C. Egg Salad Sandwich w/ Lettuce and Tomato Butternut Squash Soup

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
A. Chicken Cacciatore Over Noodles California Blend Veg. Dinner Roll <i>Vanilla Pudding</i> B. Baked Fish C. Meatball Sub Dinner Salad w/Dressing Whole Wheat Hotdog Bun	A. Chili Con Carne Spinach Corn Bread Apple Crisp B. Baked Fish	A. Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Dinner Roll <i>Pineapple Chunks</i> B. Baked Fish C. Turkey and Swiss Cheese on Whole Wheat Wrap w/ Tomato and Lettuce Caesar Dressing Minestrone Soup	CLOSED Happy Thanksgiving 	CLOSED
26	27	28	29	30
A. Cheeseburger w/ Lettuce & Tomato Seasoned Oven Roasted Potatoes Brussel Sprouts <i>Whole Wheat Bun</i> <i>Blueberry Tart</i> B. Baked Fish C. Tuna Salad Sandwich w/ Lettuce and Tomato Marinated Tomato & Cucumber Salad	A. Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes <i>Grape Juice</i> Rice <i>Rye Bread</i> <i>Applesauce Cake</i> B. Baked Chicken C. Chicken Salad Sandwich w/ Lettuce and Tomato Spinach Salad w/ Tomatoes and Carrots Dressing	A. Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp B. Baked Fish	A. Turkey Tetrazzini Over Spaghetti Beets Dinner Roll <i>Mandarin Oranges</i> B. Baked Fish C. Chicken Fajita Peppers and Onions w/ Salsa and Sour Cream Black Beans Whole Wheat Wrap	A. Baked Ziti Italian Blended Veg. Dinner Roll <i>Chocolate Pudding</i> B. Baked Fish C. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato Tomato Soup Pineapple Orange Juice Whole Wheat Bread
<p><i>This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. All Albany County congregated meal programs allow for a suggested contribution of \$3.00.</i></p> <p><i>Contributions are very much appreciated, and go directly to support and expand the congregated meal program.</i></p> <p><i>Contributions are voluntary, confidential, and purely optional.</i></p> <p><i>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.</i></p> <p>All meals are served with milk. Some items may be subject to last minute substitution.</p>				



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Dinner 5:00 PM • Please call 518-235-2420 by 4:00 pm the day before the meal.

Monday	Tuesday	Wednesday	Thursday 1	Friday
			A. Roast Pork w/ Gravy O'Brian Potatoes Carrots Dinner Roll Sliced Apples w/ Cinnamon B. Baked Fish	
	6		8	
	A. Beef Lasagna w/ Tomato Sauce Italian Vegetables Grape Juice Rye Bread Ice Cream B. Baked Fish		A. Baked Ham w Crushed Pineapple Mashed Sweet Potatoes Peas Dinner Roll Strawberry w/Shortcake B. Baked Fish	
	13		15	
	A. Chicken w/ Gravy Mashed Potatoes Peas & Carrots Biscuit Blueberry Tart w/ Whipped Topping B. Baked Fish		A. Roasted Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Green Beans Apple Juice Whole Wheat Stuffing Pumpkin Pie B. Baked Fish	
	20		22	
	A. Roast Beef w/ Gravy Green Beans Mashed Potatoes Dinner Roll Fruit Salad B. Baked Fish		Closed Thanksgiving	
	27		29	
	A. Sausage w/ Tomato Sauce, Peppers and Onions over Penne Pasta Dinner Salad w/ Dressing Dinner Roll Chocolate Chip Cookie B. Baked Fish		A. Chicken Parmesan Over Spaghetti Italian Vegetable Apple Juice Rye Bread Vanilla Pudding Tart B. Baked Fish	

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