



# OCTOBER 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>A. Lemon Garlic Fish</b> Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i>  <b>B. Chicken</b>  <b>C. Chicken Salad Sandwich w/ Lettuce and Tomato</b> Whole Wheat Bread Pickled Beets Fresh Fruit Cup	<b>A. Meatloaf w/ Tomato Gravy</b> Seasoned Oven Roasted Potatoes Cauliflower <i>Whole Wheat Bread Pound Cake w/ Strawberries and Whip Topping</i> <b>B. Baked Fish</b>  <b>C Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg</b> Ranch Dressing	<b>A. Honey Mustard Chicken Over Rice</b> Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail  <b>B Baked Fish</b>  <b>C. Turkey and Swiss Cheese Wrap w/ Tomato</b> Caesar Dressing Minestrone Soup Whole Wheat Wrap	<b>A. Beef Stew</b> Dinner Salad Dinner Roll <i>Lemon Pudding</i>  <b>B. Baked Fish</b>  <b>C. Turkey Sandwich w/ Lettuce and Tomato Orange Pineapple Juice</b> Carrot & Raisin Salad Whole Wheat Bread	<b>A. Mac &amp; Cheese</b> Stewed Tomatoes <i>Pineapple/ Orange Juice</i> <i>Whole Wheat Bread Brownie</i>  <b>B. Baked Fish</b>  <b>C. Egg Salad Sandwich w/ Lettuce and Tomato</b> Butternut Squash Soup
8	9	10	11	12
<b>A. Knockwurst</b> Cabbage and Onion Stir Fry German Potato Salad Fruit Punch Rye Bread Applesauce Cake  <b>B. Baked Fish</b>  <b>C. Meatball Sub</b> Whole Wheat Hot Dog Bun Dinner Salad w/Dressing	<b>A. Chili Con Carne</b> Spinach Corn Bread Apple Crisp  <b>B. Baked Fish</b>  <b>C. Turkey and Swiss Cheese Wrap w/ Tomato</b> Caesar Dressing Minestrone Soup Whole Wheat Wrap	<b>A. Roast Pork w/Gravy</b> Seasoned Oven Roasted Potatoes Prince Edward Island Blend Veg. Apple Juice Dinner Roll <i>Birthday Cake</i>  <b>B. Baked Fish</b>  <b>C. Turkey and Swiss Cheese Wrap w/ Tomato</b> Caesar Dressing Minestrone Soup Whole Wheat Wrap	<b>A. Sheppard's Pie</b> Brussel Sprouts Dinner Roll <i>Fruit Cocktail</i>  <b>B. Baked Fish</b>  <b>C. Cottage Cheese Egg and Peaches Platter on Bed of Lettuce</b> Three Bean Salad	<b>A. Grilled Munster Cheese Sandwich</b> Tomato Soup Coleslaw w/ Carrots Apple Juice Wheat Bread Brownie  <b>B. Baked Fish</b>  <b>C. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato</b> Tomato Soup Whole Wheat Bread Pineapple Orange Juice
15	16	17	18	19
<b>A. Cheeseburger w/Swiss Cheese Lettuce &amp; Tomato</b> Seasoned Oven Roasted Potatoes Brussel Sprouts <i>Whole Wheat Bun Blueberry Tart</i>  <b>B. Baked Fish</b>  <b>C. Tuna Salad Sandwich w/ Lettuce and Tomato</b> Marinated Tomato & Cucumber Salad Apple Juice	<b>A. Baked Fish w/ Lemon Herb Sauce</b> Stewed Tomatoes <i>Grape Juice</i> Rice <i>Rye Bread Applesauce Cake</i>  <b>B. Chicken</b>  <b>C. Chicken Salad Plate w/ lettuce and Tomato</b> Spinach Salad w/ Tomato and Carrots Dressing	<b>A. Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes Parsley Carrots Whole Wheat Bread Cherry Crisp  <b>B. Baked Fish</b>  <b>C. Chicken Fajita w/ Salsa and Sour Cream</b> Peppers and Onions Black Beans Whole Wheat Wrap	<b>A. Turkey Tetrazzini Over Spaghetti</b> Beets Dinner Roll <i>Mandarin Oranges</i>  <b>B. Baked Fish</b>  <b>C. Chicken Fajita w/ Salsa and Sour Cream</b> Peppers and Onions Black Beans Whole Wheat Wrap	<b>A. Baked Ziti</b> Italian Blended Veg. Dinner Roll <i>Chocolate Pudding</i>  <b>B. Baked Fish</b>  <b>C. Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato</b> Tomato Soup Whole Wheat Bread Pineapple Orange Juice

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p><b>A. Spaghetti w/Meat Sauce</b> Dinner Salad Dinner Roll <i>Tapioca Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham Salad Sandwich w/ Lettuce and Tomato</b> Orange Juice Coleslaw w/ Carrots Rye Bread</p>	<p><b>A. Herbed Chicken w/ Gravy</b> Baked Sweet Potatoes Apples Spinach Dinner Roll <i>Brownie</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. 2 Beef Tacos w/ Salsa and Sour Cream</b> Spinach Salad w/ Tomato and Carrots Whole Wheat Wrap</p>	<p><b>A. Spanish Rice</b> Carrots Corn Bread Pound Cake w/ Blueberries</p> <p><b>B. Baked Fish</b></p>	<p><b>A. BBQ Pulled Pork</b> Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Bun <i>Applesauce w/ Cinnamon</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Pita Sandwich w/ Chicken and Hummas</b> Roasted Veggies. Potato Salad w/ Carrots Whole Wheat Pita</p>	<p><b>A. Tuna Salad Sandwich</b> Hardy Bean Soup Pickled Beets Salad Apple Juice Wheat Bread Brownie</p> <p><b>B. Baked Chicken</b></p>
<b>29</b>	<b>30</b>	<b>31</b>		
<p><b>Chicken Chow Mein Spaghetti</b> Asian Vegetable Blend Whole Wheat Bread <i>Strawberries w/ Whipped Topping</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Turkey Bacon Lettuce and Tomato Sandwich</b> Three Bean Salad</p>	<p><b>Roast Turkey w/ Gravy</b> Mashed Potatoes Carrots Whole Wheat Stuffing <i>Applesauce</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Roast Beef Sandwich w/ Lettuce and Tomato</b> Cream of Broccoli Soup Rye Bread</p>	<p><b>Sweet &amp; Sour Pork Over Rice</b> Broccoli Dinner Roll Pineapple Chunks</p> <p><b>B. Baked Fish</b></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 congregare meal programs allow for a suggested contribution of \$3.00.*

*Contributions are very much appreciated, and go directly to support and expand the congregare 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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 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.*

<b>Monday</b>	<b>Tuesday 2</b>	<b>Wednesday</b>	<b>Thursday 4</b>	<b>Friday</b>
	<b>A. Chicken w/ Gravy</b> Mashed Potatoes Peas and Carrots Biscuit Blueberry Tart w/ Whipped Topping  <b>B. Baked Fish</b>		<b>A. Pepper Steak</b> Oven Roasted Potatoes Cauliflower Dinner Salad Rye Bread Ice Cream  <b>B. Baked Fish</b>	
	<b>9</b>		<b>11</b>	
	<b>A. Roast Beef w/ Gravy</b> Green Beans Mashed Potatoes Dinner Roll Fruit Salad  <b>B. Baked Fish</b>		<b>A. Mac &amp; Cheese</b> Stewed Tomato Dinner Roll Peaches & Cream  <b>B. Baked Fish</b>	
	<b>16</b>		<b>18</b>	
	<b>A. Sausage w/ Tomato Sauce,            Peppers and Onions over            Penne Pasta</b> Dinner Salad w/ Dressing Dinner Roll Chocolate Chip Cookie  <b>B. Baked Fish</b>		<b>A. Chicken Parmesan w/ Sauce            and Cheese</b> Italian Vegetable Apple Juice Rye Bread Vanilla Pudding Tart  <b>B. Baked Fish</b>	
	<b>23</b>		<b>25</b>	
	<b>A. Hot Open Faced Turkey            Sandwich w/ Gravy</b> Mashed Potatoes Carrots Cranberry Sauce Wheat Bread Lemon Cake  <b>B. Baked Fish</b>		<b>A. Seafood Newburgh</b> California Blended Vegetables Orange/Pineapple Juice Rice Dinner Roll Brownie  <b>B. Baked Chicken</b>	
	<b>30</b>	<p><i>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.</i></p> <p align="center"><b>Contributions are voluntary, confidential, and purely optional.</b></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 align="center">All meals are served with milk. Some items may be subject to last minute <b>substitution</b>.</p>		
	<b>A. Stuff Peppers w. Beef ,            Tomato Sauce, and Rice</b> Spinach & Mandarin Salad w/ Dressing Dinner Roll Cherry Crisp  <b>B. Baked Fish</b>			