



APRIL 2019

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 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<p>A. BBQ Chicken California Blended Veggies Oven Roasted Sweet Potatoes Dinner Roll Oatmeal Cookie</p> <p>B. Baked Fish</p>	<p>A. Beef Tips w/ Gravy over Noodles Parsley Carrots Blended Fruit Juice <i>Whole Wheat Bread</i> <i>Rice Pudding</i></p> <p>B. Baked Fish</p> <p>C. Chef Salad w/ Munster Cheese, Turkey, Ham and Hard Boiled Egg Ranch Dressing Fruit Juice</p>	<p>A. Chicken Cacciatore Tomato & Peppers Broccoli Rice Dinner Roll Pineapple</p> <p>B. Baked Fish</p>	<p>A. Roast Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Applesauce</p> <p>B. Baked Fish</p> <p>C. Turkey Sandwich On Whole Wheat w/Lettuce & Tomato Potato Salad Fruit Salad Grape Juice</p>	<p>A. Lemon Garlic Fish Mashed Sweet Potatoes Sautéed Spinach Dinner Roll <i>Brownie</i></p> <p>B. Baked Chicken</p> <p>C. Egg Salad Sandwich on Whole Wheat Broccoli Salad Apple Juice</p>
8	9	10	11	12
<p>A. American Goulash Dinner Salad Whole Wheat Bread Oreo Cookies</p> <p>B. Baked Fish</p>	<p>A. Baked Chicken w/Mushroom Gravy Green Beans Sweet Potatoes Rye Bread <i>Strawberries Shortcake</i></p> <p>B. Baked Fish</p> <p>C. Turkey and Swiss Cheese Sandwich on Whole Wheat w/Lettuce and Tomato Coleslaw w/ Carrots V-8 Juice</p>	<p>A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing Applesauce <i>Birthday Cake</i></p> <p>B. Baked Fish</p> <div style="text-align: center;">  </div>	<p>A. Cheeseburger Oven Roasted Potatoes Peas Whole Wheat Bun <i>Pears</i></p> <p>B. Baked Fish</p> <p>C. Chicken BLT Bowtie Pasta Salad Three Bean Salad Dinner Roll</p>	<p>A. BLT Bowtie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple/Orange Juice Whole Wheat Bread Oatmeal Cookie</p> <p>B. Baked Fish</p>
15	16	17	18	19
<p>A. Chicken Fricassee w/ Sauce Mashed Potatoes California Blend Vegetables Orange Juice Whole Wheat Bread Lemon Pudding</p> <p>B. Baked Fish</p>	<p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes <i>Dinner Roll</i> <i>Pineapple</i></p> <p>B. Baked Fish</p> <p>C. Tuna Salad Sandwich on Whole Wheat w/Lettuce & Tomato Spinach Salad w/ Mandarin Oranges</p>	<p>A. Honey Mustard Chicken Rice Pilaf Green Beans Apple Juice Whole Wheat Bread Chocolate Pudding</p> <p>B. Baked Fish</p>	<p>A. BBQ Pulled Pork Sandwich on a Whole Wheat Bun Oven Roasted Potatoes <i>Coleslaw w/Carrots</i> <i>Oatmeal Raisin Cookie</i></p> <p>B. Baked Fish</p> <p>C. Chicken Waldorf Salad w/ Apples, Grapes,& Walnuts on a Bed of Lettuce</p>	<p>A. Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli <i>Whole Wheat Bread</i> <i>Applesauce</i></p> <p>B. Baked Fish</p> <p>C. Ham & Swiss Cheese Sandwich on Whole Wheat w/ Lettuce & Tomato Carrot Raisin Salad</p>

22	23	24	25	26
A. Lasagna Roll-Ups Italian Blend Veggies Whole Wheat Bread Tapioca Pudding B. Baked Fish	A. Oregano Lemon Chicken California Blend Garlic Rosemary Red Potatoes <i>Rye Bread</i> <i>Applesauce Cake</i> B. Baked Fish C. Roast Beef Sandwich w/Lettuce & Tomato on Rye Carrot Raisin Salad Pineapple/Orange Juice	A. Beef and Broccoli Carrots Rice Dinner Roll Blueberries & Whipped Topping B. Baked Fish	A. Peach Glazed Chicken Mashed Sweet Potatoes Cauliflower <i>Rye Bread</i> <i>Brownie</i> B. Baked Fish C. Cottage Cheese w/ Peaches and Hard Boiled Egg Broccoli Salad Dinner Roll	A. Chef Salad w/ Ham Turkey Munster Cheese Hard Boiled Egg Peaches Dinner Roll Chocolate Chip Cookie B. Baked Fish C. Ham Salad Sandwich on Rye w/ Lettuce & Tomato Coleslaw w/ Carrots Grape Juice Rye Bread
29	30			
A. Baked Fish w/ Tartar Sauce Mashed Sweet Potatoes Cauliflower Dinner Roll Chocolate Pudding B. Baked Chicken	A. Sloppy Joe Roasted Red Potatoes Sautéed Summer Squash Whole Wheat Bun <i>Rice Pudding</i> B. Baked Fish C. Chicken Taco Salad w/Shredded Lettuce and Cheese and Salsa Coleslaw Fruit Juice			

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 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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10 Cayuga Plaza. Cohoes, NY 12047 *Dinner 5:00 PM • Please call 518-235-2420 by 4:00 pm the day before the meal.*

MONDAY	TUESDAY 2	WEDNESDAY	THURSDAY 4	FRIDAY
	A. Loaded Mac & Cheese w/Chicken and Bacon Broccoli Apple Juice Whole Wheat Bread Strawberries w/ Whip Topping B. Baked Fish		A. Eggplant w/ Parmesan Cheese Dinner Salad Tropical Fruit Salad Dinner Roll Lemon Italian Ice B. Baked Fish	
	9		11	
	A. Roast Beef w/ Gravy Mashed Potatoes Carrots Whole Wheat Bread Blueberry Crisp B. Baked Fish		A. American Goulash Dinner Salad Apple Juice Whole Wheat Bread Lemon Cake B. Baked Fish	
	16		18	
	A. Cheeseburger w/ Lettuce, Tomato & Onion Seasoned Potato Wedges California Blend Vegetables Fresh Fruit Cup B. Baked Fish		A. Ham w/Pineapple Mashed Sweet Potatoes Green Beans Dinner Roll Strawberries w/ Cream B. Baked Fish	
	23		25	
	A. Ziti w/ Meatballs Dinner Salad Italian Dressing Whole Wheat Bread Sugar Cookie B. Baked Fish		A. Oven Baked Fish Sandwich w/ Lettuce and Tomato Roasted Red Potatoes Coleslaw Strawberry w/ Shortcake B. Baked Chicken Breast Sandwich	
	30			
	A. BBQ Pulled Pork Sandwich Coleslaw w/Carrots Three Bean Salad Vanilla Ice Cream w/ Warm Apple Slices B. Baked Fish			

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