

August 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	Tuesday	Wednesday	Thursday 1	Friday 2
			A. Roasted Turkey w/Gravy Mashed potatoes Whole Wheat Stuffing Blended Juice Peas & Carrots <i>Applesauce Cake</i>	A. Beef Stroganoff Braised Red Cabbage Egg Noodles <i>Whole Wheat Bread</i> <i>Brownie</i> Applesauce
			B. Baked Fish	B. Baked Fish
			C. Ham Salad Sandwich w/Lettuce & Tomato on Rye Macaroni Salad Three Bean Salad	C. BLT Bow Tie Pasta Salad w/ Chicken
5	6	7	8	9
A. BBQ Chicken Roasted Sweet Potatoes California Blended Vegetables Whole Wheat Roll Oatmeal Raisin Cookie	A. Beef Tips w/ Brown Gravy Egg Noodles Parslied Carrots Blended Fruit Juice <i>Whole Wheat Bread</i> <i>Rice Pudding</i>	A. Chicken Cacciatore Broccoli Rice Whole Wheat Dinner Roll Pineapple	A. Roast Pork w/ Gravy Mashed Potatoes Green Beans Stuffing <i>Applesauce</i>	A. Lemon Garlic Baked Fish Mashed Potatoes Sautéed Spinach Whole Wheat Dinner Roll <i>Brownie</i>
B. Baked Fish	B. Baked Fish	B. Baked Fish	B. Baked Fish	B. Baked Chicken
	C. Chef Salad w/ Munster Cheese Turkey & Ham Hard Boiled Egg Ranch Dressing Fruit Juice		C. Turkey Sandwich w/Lettuce & Tomato Potato Salad Grape Juice Whole Wheat Bread	C. Egg Salad Sandwich Broccoli Salad Apple Juice Whole Wheat Bread
12	13	14	15	16
A. American Goulash Dinner Salad w/ Dressing Whole Wheat Dinner Roll Oreo Cookies	A. Baked Chicken w/Mushroom Gravy Whipped Sweet Potatoes Green Beans Rye Bread <i>Strawberry Shortcake</i>	A. Turkey w/ Gravy Whole Wheat Stuffing Mashed Potatoes Peas & Carrots Blended Juice Birthday Cake	A. Cheeseburger on Whole Wheat Bun Roasted Potatoes Broccoli <i>Pears</i>	A. BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Whole Wheat Bread Oatmeal Cookie
B. Baked Fish	B. Baked Fish	B. Baked Fish	B. Baked Fish	B. Baked Fish
	C. Turkey & Swiss Cheese Sandwich on Whole Wheat w/ Lettuce & Tomato Cole Slaw w/ Carrots V8 Juice		C. Chicken BLT Pasta Salad On Bed Of Lettuce Three Bean Salad Whole Wheat Roll	

19	20	21	22	23
A. Chicken Fricassee Mashed Potatoes California Blend Vegetables Orange Juice Whole Wheat Roll Lemon Pudding B. Baked Fish	A. Mac & Cheese Seasoned Zucchini & Tomatoes <i>Whole Wheat Bread</i> <i>Pineapple</i> B. Baked Fish C. Tuna Salad Platter On Bed Of Lettuce & Tomato Spinach Salad w/ Mandarin Oranges & Salad Dressing	A. Chicken w/ Honey Mustard Sauce Rice Pilaf Green Beans Apple Juice Whole Wheat Bread Chocolate Pudding B. Baked Fish	A. BBQ Pulled Pork Whole Wheat Bun Seasoned Oven Roasted Potatoes <i>Coleslaw w/ Carrots</i> <i>Oatmeal Raisin</i> <i>Cookie</i> B. Baked Fish C. Chicken Waldorf Salad w/ Apples, Grapes & Walnuts On Bed Of Lettuce Whole Wheat Roll	A. Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli <i>Whole Wheat Bread</i> <i>Applesauce</i> B. Baked Fish C. Ham & Swiss Cheese Sandwich w/Lettuce & Tomato Carrot & Pineapple Salad

26	27	28	29	30
A. Lasagna Roll-Ups w/ Tomato Sauce Italian Blend Vegetables Whole Wheat Dinner Roll Tapioca Pudding B. Baked Fish	A. Oregano Lemon Chicken California Blend Vegetables Garlic Rosemary Roasted Red Potatoes Rye Bread <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 Rice Carrots Whole Wheat Roll Blueberries & Whipped Topping B. Baked Fish	A. Peach Glazed Chicken Mashed Sweet Potatoes Cauliflower Rye Bread <i>Brownie</i> B. Baked Fish C. Cottage Cheese Plate w/ Hard Boiled Egg & Peaches Broccoli Salad	CLOSED

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	WEDNESDAY	THURSDAY	FRIDAY
			A. Chicken Waldorf Salad on Bed of Romaine Lettuce Macaroni Salad Whole Wheat Dinner Roll Glazed Baked Pears w/ Vanilla Ice Cream B. Baked Fish	
	6		8	
	A. Mac & Cheese Stewed Tomatoes Apple Juice Whole Wheat Bread Strawberries w/ Whipped Topping B. Baked Fish		A. Eggplant Parmesan w/ Cheese Dinner Salad w/Italian Dressing Tropical Fruit Salad Whole Wheat Dinner Roll Lemon Italian Ice B. Baked Fish	
	13		15	
	A. Roast Beef w/ Gravy Mashed Potatoes Carrots Whole Wheat Bread Blueberry Crisp B. Baked Fish		A. Parmesan Crusted Chicken Garlic Mashed Potatoes Prince Edward Island Blend Veg. Applesauce Whole Wheat Dinner Roll Brownie B. Baked Fish	
	20		22	
	A. Burger w/ Swiss Cheese, Lettuce, Tomato & Onion On Whole Wheat Roll Seasoned Potato Wedges California Blend Vegetables Fresh Seasonal Fruit Cup B. Baked Fish		A. American Goulash Dinner Salad w/ Salad Dressing Apple Juice Whole Wheat Bread Lemon Cake B. Baked Fish	
	27		29	
	A. Ziti w/ Meatballs Dinner Salad w/ Salad Dressing Whole Wheat Bread Sugar Cookie B. Baked Fish		A. Oven Baked Fish Sandwich w/Tartar Sauce Lettuce & Tomato on Whole Wheat Roll Oven Roasted Red Potatoes Coleslaw Strawberry Shortcake B. Baked Chicken	

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