

JUNE 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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p>A. 2 Lasagna Roll-Ups w/ Tomato Sauce Italian Blend Vegetables Whole Wheat Dinner Roll Tapioca Pudding</p> <p>B. Baked Fish</p>	<p>A. Oregano Lemon Chicken Garlic Rosemary Red Potatoes California Blend Vegetables Rye Bread <i>Applesauce Cake</i></p> <p>B. Baked Fish</p> <p>C. Roast Beef Sandwich w/ Lettuce And Tomato on Rye Carrot Raisin Salad Pineapple-Orange Juice</p>	<p>A. Beef and Broccoli over Rice Carrots Whole Wheat Dinner Roll Blueberries & Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Peach Glazed Chicken Mashed Sweet Potatoes Cauliflower <i>Rye Bread</i> <i>Brownie</i></p> <p>B. Baked Fish</p> <p>C. Cottage Cheese Plate w/ Peaches and Hard Boiled Egg Broccoli Salad</p>	<p>A. Hungarian Goulash over Egg Noodles Spinach Grape Juice Whole Wheat Dinner Roll <i>Oreo Cookies</i></p> <p>B. Baked Fish</p> <p>C. Ham Salad Sandwich w/ Lettuce And Tomato on Rye Cole Slaw w/ Carrots Grape Juice</p>
10	11	12	13	14
<p>A. Baked Fish w/ Tartar Sauce Mashed Sweet Potatoes Cauliflower Whole Wheat Dinner Roll Chocolate Pudding</p> <p>B. Baked Chicken</p>	<p>A. Sloppy Joe On Whole Wheat Roll Seasoned Oven Roasted Red Potatoes Sautéed Summer Squash <i>Rice Pudding</i></p> <p>B. Baked Fish</p> <p>C. Chicken Taco Salad w/ Shredded Cheese in Whole Grain Taco Bowl Tomato Salsa Shredded Lettuce Sour Cream Cole Slaw Fruit Juice</p>	<p>A. Eggplant Parmesan Pasta w/Sauce Dinner Salad w/ Italian Dressing Whole Wheat Bread Birthday Cake Applesauce</p> <p>B. Baked Fish</p>	<p>A. Pepper Steak Over Egg Noodles Mixed Vegetables Whole Wheat Bread <i>Mandarin Oranges</i></p> <p>B. Baked Fish</p> <p>C. Tuna Salad Sandwich w/Lettuce & Tomato on Whole Wheat Bread Carrot Raisin Salad Grape Juice</p>	<p>A. Chef Salad w/ Munster Cheese Turkey & Ham Hard Boiled Egg Ranch Dressing Peaches Whole Wheat Dinner Roll Chocolate Chip Cookie</p> <p>B. Baked Fish</p>

17	18	19	20	21
<p>A. Chicken Divan w/ Broccoli over Penne Pasta Carrots Whole Wheat Bread Tropical Fruit Salad</p> <p>B. Baked Fish</p>	<p>A. Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blend Vegetables Whole Wheat Bread <i>Brownie w/ Ice Cream</i></p> <p>B. Baked Fish</p> <p>C. Seafood Salad Sandwich w/ Lettuce, Tomato on WW Roll Broccoli Salad</p>	<p>A. Ham & Bean Casserole Spinach Grape Juice Corn Bread Lemon Pudding</p> <p>B. Baked Fish</p>	<p>A. Roasted Turkey w/Gravy Mashed potatoes WW Stuffing Peas & Carrots <i>Applesauce Cake</i></p> <p>B. Baked Fish</p> <p>C. Ham Salad Sandwich w/Lettuce & Tomato on Rye Macaroni Salad Three Bean Salad</p>	<p>A. Beef Stroganoff Braised Red Cabbage Applesauce Egg Noodles Whole Wheat Bread <i>Brownie</i></p> <p>B. Baked Fish</p> <p>C. BLT Chicken Pasta Salad Applesauce Whole Wheat Bread</p>
24	25	26	27	28
<p>A. BBQ Chicken Seasoned Oven Roasted Sweet Potatoes California Blended Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie</p> <p>B. Baked Fish</p>	<p>A. Beef Tips w/ Gravy Parsley Carrots Blended Fruit Juice Egg Noodles Whole Wheat Bread Rice Pudding</p> <p>B. Baked Fish</p> <p>C. Chef Salad w/ Munster Cheese Turkey & Ham Hard Boiled Egg Ranch Dressing Fruit Juice Whole Wheat Bread Rice Pudding</p>	<p>A. Chicken Cacciatore Tomato & Peppers Broccoli Rice Whole Wheat 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 w/Lettuce & Tomato Potato Salad Grape Juice Whole Wheat Bread Applesauce</p>	<p>A. Lemon Garlic Baked Fish Whipped Sweet Potatoes Sautéed Summer Squash Whole Wheat Dinner Roll Brownie</p> <p>B. Baked Chicken</p> <p>C. Egg Salad Sandwich Broccoli Salad Apple Juice Whole Wheat Bread Brownie</p>

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

MONDAY	TUESDAY 4	WEDNESDAY	THURSDAY 6	FRIDAY
	<p>A. Ziti w/ Meatballs Tomato Sauce Romaine Lettuce, Tomato, Cucumber, Carrots w/ Salad Dressing Whole Wheat Bread Sugar Cookie</p> <p>B. Baked Fish</p>		<p>A. Oven Baked Fish Sandwich w/ Tartar Sauce Lettuce & Tomato Seasoned Oven Roasted Red Potatoes Cole Slaw Whole Wheat Bun Strawberry w/ Short Cake</p> <p>B. Baked Chicken</p>	
	11		13	
	<p>A. BBQ Pulled Pork Cole Slaw w/ Carrots Three Bean Salad Whole Wheat Hamburger Bun Vanilla Ice Cream w/ Warm Apple Slices</p> <p>B. Baked Fish</p>		<p>A. Meatloaf w/Gravy Mashed Potatoes Sautéed Spinach Pineapple Juice Whole Wheat Bread Chocolate Chip Cookie</p> <p>B. Baked Fish</p>	
	18		20	
	<p>A. BBQ Chicken Thighs Potato Salad Spinach & Mandarin Orange Salad w/ Salad Dressing Whole Wheat Bread Vanilla Pudding Tart</p> <p>B. Baked Fish</p>		<p>A. Chicken Waldorf Salad on a Bed of Romaine Macaroni Salad Whole Wheat Dinner Roll Glazed Baked Pears w/ Vanilla Ice Cream</p> <p>B. Baked Fish</p>	
	25		27	
	<p>A. Macaroni & Cheese Stewed Tomatoes Apple Juice Whole Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>		<p>A. Eggplant Parmesan Dinner Salad w/Italian Dressing Tropical Fruit Salad Whole Wheat Dinner Roll Lemon Italian Ice</p> <p>B. Baked Fish</p>	

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