



MARCH 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	Friday
				1
				<p>A. Tuna Salad Sandwich on Whole Wheat Bread Hearty Bean Soup Pickled Beet Salad Apple Juice <i>Brownie</i></p> <p>B. Baked Chicken</p>
4	5	6	7	8
<p>A. Chicken Chow Mein Asian Vegetables <i>Whole Wheat Bread</i> <i>Strawberries w/ Whipped Topping</i></p> <p>B. Baked Fish</p> <p>C. BLT Sandwich Three Bean Salad</p>	<p>A. Roast Turkey w/ Gravy Mashed Potatoes Whole Wheat Dressing Carrots <i>Applesauce</i></p> <p>B. Baked Fish</p> <p>C. Roast Beef Sandwich on Rye Bread w/ Lettuce and Tomato Cream of Broccoli Soup</p>	<p>A. Lasagna Roll-ups Dinner Salad Dinner Roll Pineapple Chunks</p> <p>B. Baked Fish</p>	<p>A. Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread <i>Pears w/ Vanilla Ice Cream</i></p> <p>B. Baked Fish</p> <p>C. Tuna Salad Sandwich on Whole Wheat Bread w/ Lettuce and Tomato Potato Soup Grape Juice</p>	<p>A. Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon cake w/ Frosting</p> <p>B. Baked Chicken</p>
11	12	13	14	15
<p>A. Mac & Cheese Stewed Tomatoes <i>Whole Wheat Bread</i> <i>Peaches & Sugar Cookie</i></p> <p>B. Baked Fish</p> <p>C. BLT Chicken Bowtie Pasta Salad V-8 Juice</p>	<p>A. Pork Roast w/ Gravy Oven Roasted Sweet Potatoes Peas & Carrots <i>Dinner Roll</i> <i>Sliced Apples w/ Cinnamon and Whipped Topping</i></p> <p>B. Baked Fish</p> <p>C. Chicken Curry Salad on Bed of Lettuce Broccoli Pasta Salad</p>	<p>A. Chicken Parmesan/w Cheese Sauce and Penne Pasta Dinner Salad /w Dressing Mandarin Oranges Whole Wheat Bread Birthday Cake</p> <p>B. Baked Fish</p>	<p>A. Roast Beef w/ Gravy Mashed Potatoes Broccoli Rye Bread <i>Pumpkin Pudding</i></p> <p>B. Baked Fish</p> <p>C. Seafood Salad in a Whole Wheat Pita w/ Lettuce and Tomato Dinner Salad w/ Italian Dressing Apple Juice</p>	<p>A. 2 Lasagna Roll-up Spinach and Mandarin Salad Whole Wheat Bread <i>Cherry Crisp</i></p> <p>B. Baked Fish</p>

18	19	20	21	22
<p>A. Lemon Garlic Fish Mashed Butternut Squash Spinach Dinner Roll <i>Tapioca Pudding</i></p> <p>B. Baked Chicken</p> <p>C. Chicken Salad Sandwich on Whole Wheat Bread w/ Lettuce and Tomato Pickled Beets Fresh Fruit Cup</p>	<p>A. Meatloaf w/Tomato Gravy Oven Roasted Potatoes Cauliflower <i>Whole Wheat Bread</i> <i>Pound Cake w/ Strawberries and Whip Topping</i></p> <p>B. Baked Fish</p> <p>C. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg Ranch Dressing</p>	<p>A. Honey Mustard Chicken Over Rice Seasoned Zucchini and Tomatoes Dinner Roll Fruit Cocktail</p> <p>B. Baked Fish</p>	<p>A. Beef Stew Dinner Salad Dinner Roll <i>Lemon Pudding</i></p> <p>B. Baked Fish</p> <p>C. Turkey Sandwich on Whole Wheat Bread w/ Lettuce and Tomato Orange Pineapple Juice Carrot & Raisin Salad</p>	<p>A. Mac & Cheese Stewed Tomatoes <i>Pineapple/ Orange Juice</i> <i>Whole Wheat Bread</i> <i>Brownie</i></p> <p>B. Baked Fish</p> <p>C. Egg Salad Sandwich on Whole Wheat Bread w/ Lettuce and Tomato Butternut Squash Soup</p>
25	26	27	28	29
<p>A. Chicken Cacciatore Over Noodles California Blend Vegetables Dinner Roll <i>Vanilla Pudding</i></p> <p>B. Baked Fish</p> <p>C. Meatball Sub on Whole Wheat Roll Tossed Salad</p>	<p>A. Chili Con Carne Spinach Corn Bread Apple Crisp</p> <p>B. Baked Fish</p>	<p>A. Roast Pork w/Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Vegetables Dinner Roll <i>Pineapple Chunks</i></p> <p>B. Baked Fish</p> <p>C. Turkey and Swiss Cheese Wrap (Whole Wheat) w/ Lettuce & Tomato Caesar Dressing Minestrone Soup</p>	<p>A. Sheppard's Pie Brussels Sprouts <i>Dinner Roll</i> <i>Fruit Cocktail</i></p> <p>B. Baked Fish</p> <p>C. Cottage Cheese Platter w/Hard Boiled Egg and Peaches Three Bean Salad Whole Wheat Dinner Roll</p>	<p>A Grilled Munster Cheese Sandwich on Whole Wheat Bread Tomato Soup Coleslaw w/ Carrots Apple Juice Brownie</p> <p>B. Baked Fish</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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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 5	WEDNESDAY	THURSDAY 7	FRIDAY
	A. Stuffed Peppers w/Sauce Spinach & Mandarin Salad Dinner Roll Cherry Crisp B. Baked Fish		A. Roast Pork w/ Gravy O'Brian Potatoes Carrots Dinner Roll Sliced Apples w/ Cinnamon B. Baked Fish	
	12		14	
	A. Beef Lasagna Italian Vegetables Grape Juice Rye Bread Ice Cream B. Baked Fish		A. Corned Beef & Cabbage Potatoes and Carrots Rye Bread Strawberries with Cream B. Baked Fish	
	19		21	
	A. Chicken w/ Peas and Carrots in Gravy Mashed Potatoes Biscuit Blueberry Tart w/ Whipped Topping B. Baked Fish		A. Pepper Steak Rice Cauliflower Rye Bread Ice Cream B. Baked Fish	
	26		28	
	A. Roast Beef w/ Gravy Mashed Potatoes Green Beans Dinner Roll Fruit Salad B. Baked Fish		A. Mac & Cheese Stewed Tomato Dinner Roll Peaches & Cream B. Baked Fish	

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