



**MAY 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 1	Thursday 2	Friday 3
		<p><b>A. Chicken Parmesan Over Pasta w/Sauce</b>            Dinner Salad            Whole Wheat Bread            Strawberries w/ Whipped Topping</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Pepper Steak Over Noodles</b>            Beets            Whole Wheat Bread  <i>Lemon Cake</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Tuna Salad Sandwich on Whole Wheat Bread w/Lettuce &amp; Tomato</b>            Carrot Raisin Salad            Grape Juice</p>	<p><b>A. Turkey Ruben Sandwich on Rye Bread</b>            Tomato Soup  <i>Mixed Berries w/ Whipped Cream</i></p> <p><b>B. Baked Fish</b></p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p><b>A. Turkey Divon w/ Broccoli, Carrots Pasta</b>            Whole Wheat Bread            Tropical Fruit Salad</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Lasagna Roll-Ups</b>            Dinner Salad            Dinner Roll  <i>Peaches &amp; Cream</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Seafood Salad Sandwich on Whole Wheat Roll w/ Lettuce &amp; Tomato</b>            Broccoli Salad</p>	<p><b>A. Chicken Parmesan Over Pasta w/Sauce</b>            Dinner Salad            Applesauce            Whole Wheat Bread            Birthday Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roasted Turkey w/Gravy</b>            Mashed Potatoes            Broccoli &amp; Cauliflower            Whole Wheat Stuffing  <i>Applesauce Cake</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham Salad Sandwich on Rye Bread w/Lettuce &amp; Tomato</b>            Macaroni Salad            Three Bean Salad</p>	<p><b>A. Beef Stroganoff Over Noodles</b>            Braised Red Cabbage            Applesauce  <i>Whole Wheat Bread Brownie</i></p> <p><b>B. Baked Fish</b></p>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p><b>A. BBQ Chicken</b>            California Blended Veggies            Oven Roasted Sweet Potatoes            Dinner Roll            Oatmeal Cookies</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Beef Tips w/ Gravy over Noodles</b>            Parsley Carrots            Blended Fruit Juice  <i>Whole Wheat Bread Rice Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg</b>            Ranch Dressing            Fruit Juice</p>	<p><b>A. Chicken Cacciatore</b>            Tomato &amp; Peppers            Broccoli            Rice            Dinner Roll            Pineapple</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Roast Pork w/ Gravy</b>            Mashed Potatoes            Green Beans            Stuffing  <i>Applesauce</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Turkey Sandwich on Whole Wheat w/Lettuce &amp; Tomato</b>            Potato Salad            Grape Juice</p>	<p><b>A. Lemon Garlic Fish</b>            Mashed Sweet Potatoes            Sautéed Spinach            Dinner Roll  <i>Brownie</i></p> <p><b>B. Baked Chicken</b></p> <p><b>C. Egg Salad Sandwich on Whole Wheat Bread</b>            Broccoli            Apple Juice</p>

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<b>A. American Goulash</b> Dinner Salad Whole Wheat Bread Oreo Cookies  <b>B. Baked Fish</b>	<b>A. Baked Chicken w/Mushroom Gravy</b> Green Beans Whipped Sweet Potatoes <i>Rye Bread</i> <i>Strawberry Shortcake</i>  <b>B. Baked Fish</b>  <b>C. Turkey and Swiss Cheese Sandwich on Whole Wheat Bread w/ Lettuce and Tomato</b> Coleslaw w/ Carrots V-8 Juice	<b>A. Turkey Tetrazzini over Spaghetti</b> Brussels Sprouts Fruit Punch Whole Wheat Bread Applesauce Cake  <b>B. Baked Fish</b>	<b>A. Cheeseburger</b> Seasoned Roasted Potatoes Broccoli <i>Whole Wheat Bun</i> <i>Pears</i>  <b>B. Baked Fish</b>  <b>C. Chicken BLT Pasta Salad on a Bed of Lettuce</b> Three Bean Salad Dinner Roll	<b>A. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg</b> Peaches Whole Wheat Dinner Roll Choc. Chip Cookie  <b>B. Baked Fish</b>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<b>Memorial Day</b>  <b>CLOSED</b>	<b>A. Mac &amp; Cheese</b> Seasoned Zucchini & Tomatoes Whole Wheat Bread <i>Pineapple</i>  <b>B. Baked Fish</b>  <b>C. Tuna Salad Platter on a Bed of Lettuce &amp; Tomato</b> Spinach Salad w/ Mandarin Oranges Whole Wheat Bread	<b>A. Honey Mustard Chicken</b> Rice Pilaf Green Beans Apple Juice Whole Wheat Bread Chocolate Pudding  <b>B. Baked Fish</b>	<b>A. BBQ Pulled Pork</b> Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots <i>Whole Wheat Bun</i> <i>Oatmeal Raisin Cookie</i>  <b>B. Baked Fish</b>  <b>C. Chicken Waldorf Salad w/ Apples, Grapes, &amp; Walnuts on a Bed of Lettuce</b> Coleslaw w/ Carrots	<b>A. Meatloaf w/ Mushroom Gravy</b> Whipped Sweet Potatoes Broccoli Whole Wheat Bread <i>Applesauce</i>  <b>B. Baked Fish</b>  <b>C. Ham &amp; Swiss Cheese Sandwich on Whole Wheat Bread w/ Lettuce &amp; Tomato</b> Carrot Pineapple Salad

*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 congregated meal programs allow for a suggested contribution of \$3.00.*

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

TUESDAY	THURSDAY 2
	<p><b>A. Greek Style Chicken over Rice</b> Sautéed Spinach Pineapple Juice <i>Whole Wheat Bread</i> <i>Chocolate Cupcake</i></p> <p><b>B. Baked Fish</b></p>
TUESDAY 7	THURSDAY 9
<p><b>A. BBQ Chicken Thighs</b> Potato Salad Spinach and Mandarin Salad Whole Wheat Bread <i>Vanilla Pudding Tart</i></p> <p><b>B. Baked Fish</b></p>	<p><b>A. Chicken Waldorf Salad on Romaine</b> Macaroni Salad Dinner Roll <i>Glazed Baked Pears w/ Vanilla Ice Cream</i></p> <p><b>B. Baked Fish</b></p>
TUESDAY 14	THURSDAY 16
<p><b>A. Loaded Mac &amp; Cheese w/Chicken &amp; Bacon</b> Broccoli Apple Juice <i>Whole Wheat Bread</i> <i>Strawberries w/ Whipped Topping</i></p> <p><b>B. Baked Fish</b></p>	<p><b>A. Eggplant Parm w/ Cheese</b> Dinner Salad Tropical Fruit Salad <i>Dinner Roll</i> <i>Lemon Italian Ice</i></p> <p><b>B. Baked Fish</b></p>
TUESDAY 21	THURSDAY 23
<p><b>A. Roast Beef w Gravy</b> Mashed Potatoes <i>Carrots</i> <i>Whole Wheat Bread</i> Blueberry Crisp</p> <p><b>B. Baked Fish</b></p>	<p><b>A. American Goulash</b> Dinner Salad Apple Juice <i>Whole Wheat Bread</i> <i>Lemon Cake</i></p> <p><b>B. Baked Fish</b></p>
TUESDAY 28	THURSDAY 30
<p><b>A. Cheeseburger w/ Lettuce Tomatoes and Onion and Swiss Cheese</b> Seasoned Potatoes Wedges <i>California Blended Veggies</i> <i>Whole Wheat Bun</i> <i>Fruit Cup</i></p> <p><b>B. Baked Fish</b></p>	<p><b>A. Parmesan Crusted Chicken</b> Garlic Mashed Potatoes Prince Edward Blended Veggies Applesauce <i>Dinner Roll</i> <i>Brownie</i></p> <p><b>B. Baked Fish</b></p>

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