

**October 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 1	Wednesday 2	Thursday 3	Friday 4
	<p><b>A. Lasagna Roll Ups w/ Sauce</b> Dinner Salad w/ Italian Dressing Whole Wheat Bread Strawberry Shortcake</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Chef Salad w/ Munster Cheese, Turkey and Hard Boiled Egg</b> Ranch Dressing Whole Wheat Roll Fruit Cocktail</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Baked Chicken w/ Gravy</b> Mashed Potatoes Green Beans Whole Wheat Roll Chocolate Pudding</p> <p><b>B. Baked Fish</b></p>	<p align="center"><b>HELLO FALL... end of Summer Picnic</b></p> <p align="center"><b>\$4.00</b></p>
7	8	9	10	11
<p><b>A. Chicken Cacciatore</b> Noodles California Blend Vegetables Whole Wheat Roll Vanilla Pudding</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Swiss Cheeseburger w/Lettuce &amp; Tomato on a Whole Wheat Bun</b> Oven Roasted Potatoes Brussels Sprouts <i>Applesauce Cake</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham &amp; Swiss Cheese Sandwich w/ Lettuce and Tomato on Rye</b> Vegetable Barley Soup Saltine Crackers</p>	<p><b>A. Roast Pork w/ Gravy</b> Whipped Sweet Potatoes Prince Edward Island Blend Vegetables Apple Juice Whole Wheat Bread Applesauce Birthday Cake</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Shepherd's Pie</b> Brussels Sprouts Whole Wheat Roll <i>Fruit Cocktail</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken BLT Bow Tie Pasta Salad On A Bed Of Lettuce</b> BBQ &amp; Ranch Dressing Pickled Beet Salad Rye Bread</p>	<p><b>A. Grilled Munster Cheese Sandwich on Whole Wheat</b> Tomato Soup Coleslaw w/ Carrots Apple Juice Brownie</p> <p><b>B. Baked Fish</b></p>
14	15	16	17	18
<b>CLOSED</b>	<p><b>A. Baked Fish w/ Lemon Herb Sauce</b> Brown Rice Stewed Tomatoes <i>Grape Juice</i> <i>Rye Bread</i> <i>Blueberry Tart</i></p> <p><b>B. Baked Chicken</b></p> <p><b>C. Chicken Salad Plate On Bed Of Lettuce</b> Spinach Salad w/ Tomato &amp; Carrots</p>	<p><b>A. Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes Parsley Carrots Apple Juice Whole Wheat Bread Cherry Crisp</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Turkey Tetrazzini w/ Peas</b> Beets Whole Wheat Roll <i>Mandarin Oranges</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Tuna Salad Sandwich w/ Lettuce &amp; Tomato on Whole Wheat Roll</b> Marinated Tomato &amp; Cucumber Salad</p>	<p><b>A. Baked Ziti w/ Parmesan Cheese</b> Italian Blend Vegetables Whole Wheat Roll <i>Chocolate Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham &amp; Swiss Cheese Sandwich w/ Lettuce &amp; Tomato on Whole Wheat</b> Tomato Soup Pineapple-Orange Juice</p>

21	22	23	24	25
<b>A. Spaghetti w/ Meat Sauce &amp; Parmesan Cheese</b> Italian Blend Vegetables Apple Juice Whole Wheat Bread Tapioca Pudding  <b>B. Baked Fish</b>	<b>A. Herbed Chicken w/ Gravy</b> Baked Sweet Potatoes & Apples Brussels Sprouts Whole Wheat Dinner Roll <i>Brownie</i>  <b>B. Baked Fish</b>  <b>C. Ham Salad Sandwich w/ Lettuce &amp; Tomato on Rye</b> Cole Slaw w/ Carrots Orange Juice	<b>A. Spanish Rice</b> Carrots Corn Bread Pound Cake w/ Blueberries  <b>B. Baked Fish</b>	<b>A. BBQ Pulled Pork on Whole Wheat Roll</b> Seasoned Roasted Potatoes Coleslaw w/ Carrots <i>Cinnamon Applesauce</i>  <b>B. Baked Fish</b>  <b>C. Beef Taco Bowl w/ Shredded Cheese, Lettuce &amp; Tomatoes</b> Salsa & Sour Cream Refried Beans Orange Juice	<b>A. Tuna Salad Sandwich on Whole Wheat</b> Hearty Bean Soup Pickled Beet Salad Apple Juice Brownie  <b>B. Baked Chicken</b>
28	29	30	31	
<b>A. Chicken Chow Mein</b> Rice Asian Vegetables Whole Wheat Bread Strawberries w/ Whipped Topping  <b>B. Baked Fish</b>	<b>A. Roast Turkey w/ Whole Wheat Stuffing and Gravy</b> Mashed Potatoes Carrots <i>Peaches w/ Vanilla Ice Cream</i>  <b>B. Baked Fish</b>  <b>C. Bacon, Lettuce &amp; Tomato Sandwich on Whole Wheat</b> Three Bean Salad	<b>A. Sweet &amp; Sour Pork over Rice</b> Broccoli Whole Wheat Roll Pineapple Chunks  <b>B. Baked Fish</b>	<b>A. Meatloaf w/ Mushroom Gravy</b> Mashed Sweet Potatoes Green Beans Corn Bread <i>Applesauce</i>  <b>B. Baked Fish</b>  <b>C. Roast Beef Sandwich w/ Lettuce &amp; Tomato on Rye</b> Cream Of Broccoli Soup Saltine Crackers	

*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**.

**October 2019**  
**Cohoes Senior Center Dining**  
**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 1	WEDNESDAY	THURSDAY 3	FRIDAY
	<b>A. Chicken &amp; Biscuit</b> Mashed Potatoes Peas & Carrots Blueberry Tart  <b>B. Baked Fish</b>		<b>NO DINNER</b>	
	<b>8</b>		<b>10</b>	
	<b>A. Roast Beef w/ Gravy</b> Green Beans Mashed Potatoes Whole Wheat Dinner Roll Fruit Salad  <b>B. Baked Fish</b>		<b>A. Mac &amp; Cheese</b> Stewed Tomatoes Whole Wheat Dinner Roll Peaches & Cream  <b>B. Baked Fish</b>	
	<b>15</b>		<b>17</b>	
	<b>A. Knockwurst</b> Cabbage & Onion Stir Fry German Potato Salad Fruit Punch Rye Bread Applesauce Cake  <b>B. Baked Fish</b>		<b>A. Chicken Parmesan w/ Cheese over Spaghetti</b> Italian Blend Vegetables Apple Juice Rye Bread Vanilla Pudding Tart  <b>B. Baked Fish</b>	
	<b>22</b>		<b>24</b>	
	<b>A. Hot Open Faced Turkey Sandwich w/ Gravy on Whole Wheat Bread</b> Mashed Potatoes Carrots Cranberry Sauce Lemon Cake  <b>B. Baked Fish</b>		<b>A. Seafood Newburgh Over Rice</b> California Blend Vegetables Orange-Pineapple Juice Whole Wheat Dinner Roll Brownie  <b>B. Baked Chicken</b>	
	<b>29</b>		<b>31</b>	
	<b>A. Stuffed Peppers</b> Spinach, Red Onion & Mandarin Orange Salad w/ Dressing Whole Wheat Dinner Roll Cherry Crisp  <b>B. Baked Fish</b>		<b>A. Roast Pork w/ Gravy</b> O'Brien Potatoes Carrots Whole Wheat Dinner Roll Sliced Apples w/ Cinnamon  <b>B. Baked Fish</b>	

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