

September 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 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
CLOSED	<p>A. Sloppy Joe Seasoned Oven Roasted Red Potatoes Sautéed Summer Squash Whole Wheat Hamburger Bun <i>Rice Pudding</i></p> <p>B. Baked Fish</p> <p>C. Chicken Taco Salad w/ Shredded Cheese, Lettuce, Salsa, & Sour Cream in a Whole Grain Taco Bowl Cole Slaw Fruit Juice</p>	<p>A. Chicken Parmesan w/Pasta & Sauce Dinner Salad w/ Dressing Whole Wheat Bread Strawberries w/ Whipped Topping</p> <p>B. Baked Fish</p>	<p>A. Pepper Steak over Egg Noodles Beets Whole Wheat Roll <i>Lemon Cake</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. Roasted Pork Loin w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Rye Bread <i>Cinnamon Applesauce</i></p> <p>B. Baked Fish</p> <p>C. Bacon, Lettuce & Tomato Sandwich on Rye Bread Chickpea Salad Cheese Stick</p>
	9	10	11	12
<p>A. Chicken Divan w/ Broccoli over Penne Pasta Carrots Whole Wheat Bread Tropical Fruit Salad</p> <p>B. Baked Fish</p>	<p>A. Lasagna Roll-Ups Baked in Sauce Dinner Salad w/ Dressing Whole Wheat Dinner Roll <i>Peaches & Cream</i></p> <p>B. Baked Fish</p> <p>C. Seafood Salad Sandwich w/ Lettuce & Tomato on Whole Wheat Bun Broccoli Salad</p>	<p>A. Spiral Ham w/ Crushed Pineapple Whipped Sweet Potatoes Green Beans Whole Wheat Roll Applesauce Birthday Cake</p> <p>B. Baked Fish</p>	<p>A. Roast Turkey Whole Wheat Stuffing Mashed Potatoes Peas & Carrots Fruit Juice <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 Egg Noodles <i>Applesauce</i> <i>Whole Wheat Bread</i> <i>Brownie</i></p> <p>B. Baked Fish</p> <p>C. BLT Bow Tie Pasta Salad w/ Chicken on Bed of Lettuce</p>
16	17	18	19	20
<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 over Egg Noodles Parsley Carrots Blended Fruit Juice <i>Whole Wheat Bread</i> <i>Rice Pudding</i></p> <p>B. Baked Fish</p> <p>C. Chef Salad w/ Munster Cheese, Turkey & Ham Hard Boiled Egg Ranch Dressing Fruit Juice</p>	<p>A. Chicken Cacciatore over Rice Broccoli Whole Wheat Roll Pineapple</p> <p>B. Baked Fish</p>	<p>A. Roast Pork Whole Wheat Stuffing Mashed Potatoes w/Gravy Green Beans <i>Applesauce</i></p> <p>B. Baked Fish</p> <p>C. Turkey Sandwich w/Lettuce & Tomato on Whole Wheat Potato Salad Grape Juice</p>	<p>A. BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Whole Wheat Bread Oatmeal Cookie</p> <p>B. Baked Fish</p>

23	24	25	26	27
<p>A. American Goulash w/ Sauce Dinner Salad w/ Dressing Pasta Whole Wheat Dinner Roll Oreo Cookies</p> <p>B. Baked Fish</p>	<p>A. Baked Chicken w/Mushroom Gravy Whipped Sweet Potatoes Green Beans Rye Bread <i>Strawberry Shortcake</i></p> <p>B. Baked Fish</p> <p>C. Turkey & Swiss Cheese Sandwich w/ Lettuce & Tomato on Whole Wheat Cole Slaw w/ Carrots V8 Juice</p>	<p>A. Turkey Tetrazzini Brussels Sprouts Fruit Juice Whole Wheat Bread Applesauce Cake</p> <p>B. Baked Fish</p>	<p>A. Cheeseburger Seasoned Oven Roasted Potatoes Broccoli <i>Pears</i></p> <p>B. Baked Fish</p> <p>C. Chicken BLT Pasta Salad On Bed Of Lettuce Three Bean Salad Whole Wheat Dinner Roll</p>	<p>A. Potato Crunch Fish Mashed Potatoes Peas <i>Whole Wheat Roll</i> <i>Peaches & Cream</i></p> <p>B. Baked Chicken</p> <p>C. Chef Salad w/ Munster Cheese, Turkey, Ham & Hard Boiled Egg Ranch Dressing</p>
30				
<p>A. Lemon Garlic Fish Mashed Butternut Squash Sauteed Spinach Whole Wheat Dinner Roll Tapioca Pudding</p> <p>B. Baked Chicken</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 3	WEDNESDAY	THURSDAY 5	FRIDAY
	A. BBQ Pulled Pork Sandwich on Whole Wheat Roll Coleslaw w/Carrots Three Bean Salad Vanilla Ice Cream w/ Warm Apple Slices B. Baked Fish		A. Meatloaf w/ Gravy Whipped Potatoes Sautéed Spinach Pineapple Juice Whole Wheat Bread Chocolate Cupcake B. Baked Fish	
	10		12	
	A. BBQ Chicken Dinner Salad w/ Dressing Macaroni Salad Corn Bread Fresh Melon B. Baked Fish		A. Chicken Waldorf Salad on Romaine Leaf Macaroni Salad Whole Wheat Dinner Roll Glazed Baked Pears w/ Vanilla Ice Cream B. Baked Fish	
	17		19	
	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	
	24		26	
	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	

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