



# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCHEON MENU &amp; Beltrone Events</b>  <i>Lunch Meals are Served at Noon</i> <a href="http://www.colonieseniors.org">www.colonieseniors.org</a>	This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, Town of Colonie and participant contributions.  This program is an equal opportunity provider.		8/1 Chicken Parmesan w/ Sauce & Ziti Green Salad Angel Food Cake With Chocolate	8/2 Honey Glazed Chicken Summer Squash Pound Cake w/ Berries <b>SPECIAL LUNCH</b> See Reverse
	8/5 Chicken Sausage Sandwich w/ Peppers & Onions Coleslaw Fresh Berry Whip	8/6 Macaroni & Cheese Peas & Carrots Tropical Fruit Salad	8/7 Chicken Marsala w/ Brown Rice Sautéed Spinach Cranberry Juice Ice Cream w/ Chocolate Sauce	8/8 Shrimp Scampi Over Angel Hair Pasta Asparagus Fruit Cocktail Chocolate Pudding
8/12 Spinach Frittata Chickpea Salad Carrot Cake	8/13 Chicken Pesto Bake Rice Pilaf Green Beans Strawberry Shortcake <b>LUNCH &amp; LEARN</b>	8/14 Eggplant Parmesan With Ziti Sautéed Summer Squash Apple Crisp	8/15 Meatball Sub Sandwich Green Salad Watermelon	8/16 Seafood Mac & Cheese Broccoli Peaches & Cream
8/19 Cobb Salad w/ Egg, Cheese, Chicken and Bacon Oatmeal Cookie  <b>SPECIAL DINNER</b> See Reverse	8/20 Stuffed Pepper w/ Ground Beef & Rice California Veggies Berry Pie <b>LUNCH &amp; LEARN</b>	8/21 Salmon Cakes w/ Remoulade Roasted Potatoes Parsley Carrots Cinnamon Pears	8/22 Summer Vegetable Chili Cornbread Spinach Salad Mixed Berries w/ Vanilla Pudding	8/23 Chicken Waldorf Salad Over Greens Pickled Beet Salad Cherry Yogurt Whip
8/26 Pot Roast w/ Veggies Roasted Sweet Potatoes Orange Juice Italian Ice	8/27 BLT Bow Tie Pasta w/ Chicken Cucumber Radish Salad Peaches & Cream	8/28 Meat Lasagna Italian Veggies Seasonal Berries w/ Pound Cake	8/29 Chicken Fricasse Sweet Potatoes Brussel Sprouts Raspberry Sorbet <b>LUNCH &amp; LEARN</b>	8/30 Veggie Pizza Green Salad Apple Juice Ice Cream w/ Chocolate

Please call 518-459-2857 ext. 303 with reservations by 12 noon of the previous business day.

# Special Lunches • Special Dinners • Lunch & Learn At The Beltrone Living Center

## Special Lunch

**August 2 at Noon**



Hailing from Colonie, **Carmen Lookshire** is known for her clear and beautiful vocals. This old soul will fill your heart with an **eclectic mix of jazz, soul, and blues songs**. From Ella Fitzgerald to Frank Sinatra, and the Bee Gees, you will be sure to fall in love with this voice. **Lunch will be honey glazed chicken and pound cake with seasonal berries.**

Suggested donation of \$6. **Reservations required.**

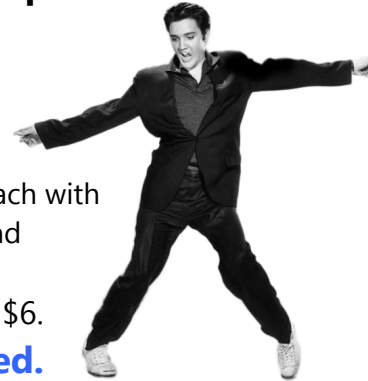
## Special Dinner

**August 19 at 5 p.m.**

**DONNY ELVIS  
IS BACK!**

Dinner will be chicken and broccoli alfredo, sautéed spinach with garlic, pineapple juice and lemon meringue pie  
Suggested donation of \$6.

**Reservations required.**



## AUGUST LUNCH & LEARNS

**August 13 at Noon**

Shauna Plath from **U.S. Committee for Refugees and Immigrants** will be here for a talk about her organization. This presentation will focus on where refugees are from, how they come to Albany, the various programs USCRI provides, and the many ways volunteers can help. Lunch will be chicken pesto bake, sautéed green beans, rice pilaf and strawberry shortcake.

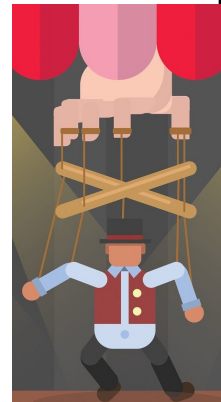


**Reservations required.**

**August 20 at Noon**

Come for a fun and engaging afternoon with the **Heldeberg Marionettes!** These lively puppets will stroll among our lunch tables, talk, sing and laugh – and bring everyone along for the ride. Lunch will be a stuffed pepper, and berry pie.

**Reservations required.**



**August 29 at Noon**

Caring Together, an **ovarian cancer** educational and awareness organization, will be at The Beltrone to discuss risks, symptoms and how to protect yourself against ovarian cancer. Lunch will be lasagna, Italian vegetables and pound cake with berries.

**Reservations required.**

**Happy Hour is free and fun event, open to the public.**

Each week will feature a different topic, activity or event, including tastings, fitness, games and more!



**Please join us in September. August Happy Hour has been cancelled due to construction schedules in The Beltrone.**

**Everyone is welcome at all locations. Lunch is served at Noon. Suggested donation of \$4 unless noted.**

Meals are served at The Beltrone Living Center Mon.– Fri.; Bishop Broderick Apartments on Tues., Wed., & Thurs.;

Guilderland Town Hall on Tuesdays; Sheehy Manor on Thursday; King Thiel 2nd & 4th Wednesday

**Monday through Friday also available:** Tuna Salad Plate (1/2 cup tuna salad, 1/2 cup fruit, green salad and a dinner roll), Egg Salad Plate (1/2 cup egg salad, 1/2 cup fruit, green salad and a dinner roll).

**CANNOT ORDER Tuna or Egg Salad for Special Lunch and Dinner.** Contributions are used to expand our lunch programs.

*Suggested Contribution: Special Lunch and Dinner is \$6.00, Lunch & Learn is \$4.00 Guests and under 60, \$8 suggested contribution*