

Meals prepared by Mazzone Catering  
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Lunch Meals are Served at Noon  
[www.colonieseniors.org](http://www.colonieseniors.org)

**LUNCHEON MENU**

& Beltrone Events

# JULY

Monday	Tuesday	Wednesday	Thursday	Friday
7/1 Spinach Frittata Chickpea Salad Carrot Cake 	7/2 Chicken Pesto Bake Rice Pilaf Green Beans Strawberry Shortcake	7/3 Eggplant Parmesan With Ziti Sautéed Summer Squash Apple Crisp		7/5 Seafood Mac & Cheese Broccoli Peaches & Cream <b>NO HAPPY HOUR</b>
7/8 Cobb Salad With hard boiled eggs, bacon, cheese and chicken Fresh Melon Oatmeal Cookie 	7/9 Stuffed Pepper w/ Ground Beef & Rice California Veggies Berry Pie	7/10 Salmon Cakes w/ Remoulade Roasted Potatoes Parsley Carrots Cinnamon Pears	7/11 Summer Vegetable Chili Cornbread Spinach Salad Mixed Berries w/ Vanilla Pudding	7/12 Cheeseburgers Carrot Salad & Steak Fries Sherbet <b>SPECIAL LUNCH</b> <b>HAPPY HOUR</b> <b>Dance Party!</b>
7/15 Pot Roast w/ Veggies Roasted Sweet Potatoes Orange Juice Italian Ice 	7/16 BLT Bow Tie Pasta w/ Chicken Cucumber Radish Salad Peaches & Cream	7/17 Meat Lasagna Italian Veggies Seasonal Berries w/ Pound Cake 	7/18 Chicken Fricasse Whipped Sweet Potatoes Roasted Brussel Sprouts Raspberry Sorbet	7/19 Veggie Pizza Green Salad Ice Cream w/ Chocolate <b>HAPPY HOUR</b> <b>Summer Healthy Food w/ Hannaford</b>
7/22 Meatball Sandwich Green Salad Melon <b>SPECIAL DINNER</b>	7/23 Baked Cod w/ Lemon Herb Sauce Roasted Potatoes Zucchini & Tomatoes Carrot Cake	7/24 Turkey Sandwich w/ Cranberry Mayo Rainbow Pasta Salad Mandarin Oranges Sugar Cookie	7/25 Grilled Chicken Sandwich Potato Salad Fresh Melon Rice Pudding	7/26 Eggplant Parmesan Tomato Sauce & Ziti Tropical Fruit <b>HAPPY HOUR</b> <b>Watermelon Print Canvas Bag</b> <b>RESERVATION REQUIRED</b>
7/29 Parmesan Coated Chicken Sweet Potato & Apple bake Asparagus Fresh Pineapple	7/30 American Goulash Roasted Broccoli & Cauliflower Blueberry Yogurt Whip <b>LUNCH &amp; LEARN</b>	7/31 Seafood Salad Macaroni Salad Apple Slaw Pears	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. 	

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

July 12 at Noon

Come see the dancers from **Spendwood School of Dance** in Cohoes. Dancers, ages 8-17 years, will amaze and entertain us with dance routines. Lunch will be a **burger cookout!** Suggested donation of \$6.  
**Reservations required.**



## Special Dinner

July 22 at 5 p.m.

Come party with the Gone Gray Band! Gone Gray will entertain with a selection of your favorite dance, sing along and patriotic songs from the 40s, 50s, 60s and 70s. Dinner will be BBQ Chicken thighs, red potato salad, seasoned zucchini tomatoes, and strawberry shortcake.  
**Suggested donation of \$6.**



## JULY LUNCH & LEARNS

July 30 at noon



Learn about the truths of aging with **Dr. Kevin Costello, the well-respected area specialist in geriatric medicine.**

Dr. Costello has been practicing in the Capital Region for more than 20 years and will delight and inform us with a humorous, intelligent talk about aging. **Lunch will be American goulash, roasted broccoli and cauliflower and blueberry yogurt whip.**

**Reservations required.**  
Suggested donation of \$4.

Happy Hour!

at The Beltrone  
Fridays, 1-2 p.m.

July 5 No Happy Hour

July 12 Dance Party!

July 19 Summer Healthy  
Food with Hannaford

July 26 Make a watermelon  
print canvas bag  
(reservations required)  
**518-459-2857 x 303**



Come together with friends to mingle, relax, socialize, learn and have fun. Happy Hour offers something different every Friday afternoon in the Café at The Beltrone in Colonie and on Thursday at Sheehy Manor in Latham. **This event is free and open to all seniors.** Coffee and snacks will be served. **Each week will feature a different topic, activity or event, including tastings, fitness, games and more!** Reservations for lunch and Happy Hour are appreciated. Please call Nicole at 518-459-2857 ext. 303.

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