


Welcome to

Community Lunch December



Monday	Tuesday	Wednesday	Thursday	Friday
Name: _____ Phone: _____ Indicate if you would prefer tuna, egg or yogurt.			12/1 Goulash Green Beans Grapes French Bread Apple Crisp	Special Lunch 12/2 V Veggie Pizza Side Sauce Kale & Chickpea Salad Apple Sauce Cookie
12/5 Meatloaf Mashed Potatoes Sauteed Spinach Sauteed Carrots Vanilla Cake	12/6 Sausage Stuffed Acorn Squash Broccoli Pears Ice Cream		12/7 V Mac & Cheese w/ Butternut Squash Broccoli Spinach Salad Brownie	12/8 Shepherd's Pie Green Goddess Salad Juice Sherbet
Lunch & Learn 12/12 Pumpkin Alfredo & Turkey Sausage Fettucine Sauteed Spinach Apple Sauce Juice Ice Cream	12/13 Seafood Mac & Cheese w/Broccoli Green Salad Grapes Cookie	12/14 Baked Ham w/Peas Scalloped Potatoes Fresh Fruit Cranberry Juice Cookie	12/15 Minestrone Soup 1/2 Roast Beef Sandwich Fruit Cup Brownie	12/16 Chicken Parmesan With Ziti Green Beans Fruit Yogurt Whip
12/19 LUNCH: Chicken Barley Stew SPECIAL DINNER: Meat Lasagna LUNCH DINNER	12/20 Stuffed Pepper Green Beans Carrot Raisin Salad Ice Cream	12/21 Chicken Marsala Rice Pilaf Green Salad Apple Sauce Pumpkin Pudding	12/22 Mediterranean Baked Cod w/Tomatoes & Onions Orzo Salad Beet Carrot Salad Juice Carrot Cake	12/23 Meatball Sub Green Salad Fruit Salad Cookie
12/26  CLOSED 	12/27 F Cornflake Chicken Apple Slaw Sweet Potato Wedges Cranberry Juice Cookie	12/28 Oven Baked Fish Sandwich Tater Tots Broccoli Slaw Fruit Cup Berries +Cream	12/29 Oregano Lemon Chicken Green Beans Stewed Tomatoes Pasta Salad Cupcake	12/30 Beef & Broccoli Brown Rice Sauteed Cali Veggies Mandarin Oranges Ice Cream Sand

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

V = VEGETARIAN **F** = FAVORITE **N** = NEW ITEM

LUNCH + LEARN

Monday, December 12th at Noon

Monday, December 12th at Noon: :

Come enjoy lunch with the community and listen to Dr. Rhiannon Clauss inform us about keeping healthy during the holiday season – the body and mind! Lunch served will be a Pumpkin Alfredo & Turkey Sausage Fettucine with Sauteed Spinach, Applesauce and Ice Cream!

**HEALTHY
HOLIDAYS**

Suggested contribution of \$3 for lunch.

December SPECIAL LUNCH - 12/2 at NOON



Come hear the beautiful melodies of the local Colonie Village Singers! Lunch served will be Veggie Pizza, Kale & Chickpea Salad, Applesauce and a Cookie.

**Suggested contribution of \$3 for lunch
and
\$3 for entertainment.**

December SPECIAL DINNER - 12/19 at 5 p.m.



Come see Donny Elvis preform his perfected selection of Elvis's greatest hits for a fun, reminiscent special dinner! Donny has been impersonating Elvis for over 20 years, locally and even in Las Vegas! Dinner served will be a Meat Lasagna, Sauteed Carrots, Green Salad and Berry Pie!

Suggested contribution of \$3 for lunch and \$3 for entertainment.

Reservations and registration required.

CALL FOR RESERVATIONS: 5 1 8 - 4 5 9 - 2 8 5 7 X 303

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.

Also available for lunch: Tuna Salad Plate (tuna salad, fruit, green salad and a dinner roll), Egg Salad Plate (egg salad, fruit, green salad and a dinner roll) or Yogurt Parfait (vanilla yogurt, granola, nuts and berries)

CANNOT ORDER Cold plates for dinner or special lunch. Contributions are used to expand our lunch programs.

Suggested Contribution: \$3, plus \$3 for entertainment.

Guests and under 60, \$11 for lunch.