

# Welcome to Community Lunch

## February



Monday		Tuesday	Wednesday	Thursday	Friday
NAME: PHONE: Indicate if you prefer Tuna, Egg or Yogurt instead of the hot meal.			2/1 <b>N</b> Chicken Cordon Bleu Green Beans Green Salad Apple Sauce Pudding	2/2 Spaghetti & Meatballs Garlic Bread Caesar Salad Juice Carrot Cake	<b>Special Lunch</b> 2/3 Garlic Herb Baked Cod Sweet Potato Mash Beet Carrot Salad Orzo Salad Juice Cookie
2/6 Pasta Fagioli with Sausage Broccoli Cranberry Salad Cheesy Garlic Bread Grapes Sherbet	2/7 Oven Baked Fish Sandwich Tater Tots Broccoli Slaw Fruit Cup Cookie	2/8 Cornflake Chicken Sweet Potato Wedges Apple Slaw Juice Berries&Cream	2/9 Beef Tips w/Gravy over Egg Noodles Sauteed Spinach & Carrots Mandarin Oranges Cupcake	2/10 <b>N</b> Cheese Tortellini Soup 1/2 Roast Beef Sandwich Fruit Cup Ice Cream Sandwich	
2/13 Pulled Pork Sandwich Honey Dijon Carrots Coleslaw Juice Blondie	2/14 Chicken Pesto Lasagna Tomato Basil Salad Broccoli Fruit Cup Sherbet	2/15 <b>F</b> Salmon Cakes Roasted Potatoes Spinach & Strawberry Salad Zucchini Sorbet	2/16 <b>V</b> Spinach Frittata Carrot & Beet Salad Roasted Potatoes Juice Pudding	2/17 Chicken Cacciatore Sauteed Spinach Carrot & Raisin Salad Rice Pilaf Juice Blondie	
2/20 Lunch Shrimp Scampi  2/20 SPECIAL DINNER "Cabin Fever Cookout" See back LUNCH                      DINNER	<b>Lunch &amp; Learn</b> 2/21 Goulash Garlic Bread Green Salad Fruit Cup Cookie		2/22 Cream of Broccoli Soup & 1/2 Turkey Sandwich Fruit Cup Fruit Pie	2/23 PIZZA DAY Margherita Pizza Kale & Chickpea Salad Apple Sauce Brownie	2/24 Sausage, Peppers & Onions Sandwich Carrots Strawberry Spinach Salad Salad Cookie
2/27 <b>N</b> Chicken Bacon Macaroni & Cheese Broccoli Green Salad Fruit Cup Vanilla Cake	2/28 <b>F</b> Meatloaf Mashed Potatoes Sauteed Carrots & Spinach Juice Ice Cream	Please call 518-459-2857 ext. 303 with reservations by 12:00 noon of the previous business day Registration is Required for this Program			

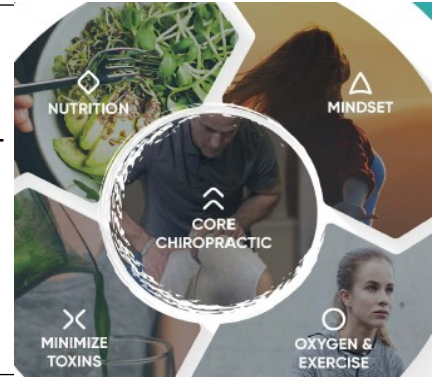
**V** = VEGETARIAN    **F** = FAVORITE    **N** = NEW ITEM



# LUNCH + LEARN Tuesday February 21st @Noon



**Tuesday, February 21st at Noon:** Join the community for lunch and hear Dr. Rhiannon Claus talk about the 5 essentials of health to help your body restore its power and performance! Learn how to optimize nerve supply, healthy mindset, quality nutrition, oxygen & lean muscle, and minimize toxins. **Lunch served will be Goulash, Garlic Bread, Green Salad, Fruit & a Cookie.** Suggested Donation of \$3.00. Reservations & Registration Required



## February Special Lunch - Friday, 2/3 at Noon



Come enjoy a delicious lunch and hear the vocals of Carla Page with the community! Carla is a woman of many talents—she has been singing for 45 years, has her own radio show and also sings with a band. **Lunch Served will be a Garlic Herb Baked Cod, Sweet Potato Mash, Orzo Salad, Beet & Carrot Salad with a Cookie.** Suggested Donation \$3 for lunch and \$3 for entertainment. Reservations & Registration are required.



## February Special Dinner - Monday 2/20 at 5 p.m.

Come enjoy a “Cabin Fever Cookout” and a lively performance by the Musicats Duo! They will play a tasteful blend of the Great American Songbook and Latin songs that includes jazz, blues, funk, swing, and Calypso musical styles! **Dinner Served will be a Cheesburger, Baked Beans, Corn Salad, a Fruit Cup & Strawberry Shortcake!** Suggested Donation of \$3 for dinner and \$3 for entertainment. Reservations & Registration are Required



**CALL FOR RESERVATIONS: 518-459-2857 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.**

