<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>4/3 Shrimp Scampi w/Peas over Angel Hair</td>
<td>4/4 Goulash Garlic Bread Green Salad Fruit Cup Cookie</td>
<td>4/5 Cream of Broccoli Soup &amp; 1/2 Turkey Sandwich Fruit Cup Fruit Pie</td>
<td>4/6 Margherita Pizza Side of Sauce Kale &amp; Chickpea Salad Applesauce Brownie</td>
<td>Special Lunch 4/7 Sausage, Peppers &amp; Onion Sandwich Spinach Strawberry Salad Carrots Cookie</td>
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<td>4/10 Chicken Bacon Macaroni &amp; Cheese Broccoli Green Salad Fruit Cup Vanilla Cake</td>
<td>4/11 Meatloaf w/Gravy Mashed Potatoes Carrots &amp; Spinach Juice Ice Cream</td>
<td>4/12 Chicken &amp; Dumplings Caesar Salad Fruit Cup Brownie</td>
<td>4/13 Bacon, Shrimp &amp; Corn Chowder with 1/2 Turkey Sandwich Fresh Fruit Sherbet</td>
<td>4/14 Shepherd’s Pie Green Goddess Salad Juice Cookie</td>
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<tr>
<td>4/17 Lunch Chicken Piccata</td>
<td>Lunch &amp; Learn 4/18 Baked Ham w/Peas Scalloped Potatoes Fresh Fruit Juice Cookie</td>
<td>4/19 Seafood Mac &amp; Cheese w/Broccoli Grapes Green Salad Cookie</td>
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<td>4/21 Vegetarian Antipasto Salad + Italian Wedding Soup Juice Fruit &amp; Yogurt Whip</td>
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<tr>
<td>4/27 Spaghetti &amp; Meatballs Caesar Salad Cheesy Garlic Bread Juice Carrot Cake</td>
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Please call 518-459-2857 ext. 303 with reservations by 12 noon of the previous business day.

V = VEGETARIAN  F = FAVORITE  N = NEW ITEM  *Meal Alternatives Not Available for Special Lunch & Dinner*
LUNCH + LEARN— Tuesday, April 18th at 12:00 Noon

**a workshop with Dr. Rhiannon Clauss**

**Tuesday, April 18th at Noon:** Come listen to a crowd favorite present, Dr. Rhiannon R. Clauss, D.C of Capital District Family Chiropractic, PLLC. She will focus on one of the 5 essentials of health she discussed during February’s Lunch & Learn – Optimal Nutrition. Optimal nutrition sustains wellbeing, disease prevention and ideal weight. **Suggested contribution of $3. Reservations Required.**

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**April Special Lunch Friday, April 7th at 12:00 Noon**

Come see “Standard Time Duo” with Diane Geddes on keyboard, and Cathy Olsen on vocals. They will be playing an entertaining mix of styles of music from different eras, including swing, Latin 50s/60s and pop. Lunch served will be a Sausage, Peppers & Onion Sandwich with carrots, a Strawberry Spinach Salad and Cookie. **Suggested contribution of $3 for lunch and $3 for entertainment.**

**April Special Dinner Monday, April 17th at 5:00PM**

**Monday, April 17th at 5:00PM:** Join us for fun and familiar songs with Peter Yakel, guitar player and vocalist. Dinner served will be Salmon Cakes, Rice Pilaf, Carrots, Spinach Salad and Berry Pie! **Suggested contribution of $3 for lunch and $3 for entertainment.**

**Reservations are due Friday, April 14th by 12:00pm**

**518—459—2857 x 303**

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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.

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Also available for lunch: Tuna Salad Plate (tuna salad over green salad and a dinner roll), Egg Salad Plate (egg salad over green salad and a dinner roll) or Yogurt Plate (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.**