<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>5/1 <strong>F</strong>&lt;br&gt;Baked Ham &lt;br&gt;Scalloped Potatoes &lt;br&gt;Peas &lt;br&gt;Grapes &lt;br&gt;Juice &lt;br&gt;Cookie</td>
<td>5/2 <strong>F</strong>&lt;br&gt;Salmon Cakes &lt;br&gt;Roasted Potatoes &lt;br&gt;Zucchini &lt;br&gt;Spinach &amp; Strawberry Salad &lt;br&gt;Mango Sorbet</td>
<td>5/3 <strong>PIZZA DAY</strong>&lt;br&gt;Garlic, Ricotta &amp; Broccoli Pizza &lt;br&gt;Side of Sauce &lt;br&gt;White Bean Salad &lt;br&gt;Fruit Salad</td>
<td>5/4 <strong>F</strong>&lt;br&gt;Chicken Piccata &lt;br&gt;Broccoli &lt;br&gt;Macaroni Salad &lt;br&gt;Apple Sauce &lt;br&gt;Brownie</td>
<td>5/5 <strong>F</strong>&lt;br&gt;Mediterranean Baked Cod w/Tomato &amp; Onion over Orzo Salad &lt;br&gt;Carrot Beet Salad &lt;br&gt;Cookie</td>
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<td>5/6 <strong>F</strong>&lt;br&gt;Chili Beef &amp; Cheese Sandwich</td>
<td>5/7 <strong>F</strong>&lt;br&gt;Mustard Roast Beef Sandwich</td>
<td>5/8 <strong>F</strong>&lt;br&gt;Chicken Parmesan &lt;br&gt;Ziti w/Sauce &lt;br&gt;Green Beans &lt;br&gt;Fruit Cup &lt;br&gt;Brownie</td>
<td>5/9 <strong>N</strong>&lt;br&gt;Summer Minestrone Soup &amp; 1/2 Turkey Sandwich &lt;br&gt;Fruit Cup &lt;br&gt;Ice Cream</td>
<td>5/10 <strong>V</strong>&lt;br&gt;Swedish Meatballs over Egg Noodles &lt;br&gt;Green Beans &lt;br&gt;Caesar Salad &lt;br&gt;Juice &lt;br&gt;Berry Sorbet</td>
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<td>5/11 <strong>V</strong>&lt;br&gt;Stuffed Shells &lt;br&gt;Broccoli &lt;br&gt;Grapes &lt;br&gt;Cheesy Garlic Bread Sherbet</td>
<td>5/12 <strong>F</strong>&lt;br&gt;Mediterranean Baked Cod w/Tomato &amp; Onion over Orzo Salad &lt;br&gt;Carrot Beet Salad &lt;br&gt;Cookie</td>
<td>5/13 <strong>F</strong>&lt;br&gt;Summer Minestrone Soup &amp; 1/2 Turkey Sandwich &lt;br&gt;Fruit Cup &lt;br&gt;Ice Cream</td>
<td>5/14 <strong>F</strong>&lt;br&gt;Chicken Piccata &lt;br&gt;Broccoli &lt;br&gt;Macaroni Salad &lt;br&gt;Apple Sauce &lt;br&gt;Brownie</td>
<td>5/15 <strong>LUNCH</strong>&lt;br&gt;Grilled Chicken w/ Pineapple Salsa &lt;br&gt;Meatloaf (see back for more) &lt;br&gt;Cupcake</td>
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<td>5/20 <strong>F</strong>&lt;br&gt;Seafood Mac &amp; Cheese w/Broccoli &lt;br&gt;Spinach Strawberry Salad &lt;br&gt;Juice &lt;br&gt;Ice Cream Sandwich</td>
<td>5/21 <strong>F</strong>&lt;br&gt;Chili Beef &amp; Cheese Sandwich</td>
<td>5/22 <strong>F</strong>&lt;br&gt;Mustard Roast Beef Sandwich</td>
<td>5/23 <strong>V</strong>&lt;br&gt;Mediterranean Baked Cod w/Tomato &amp; Onion over Orzo Salad &lt;br&gt;Carrot Beet Salad &lt;br&gt;Cookie</td>
<td>5/24 <strong>V</strong>&lt;br&gt;Swedish Meatballs over Egg Noodles &lt;br&gt;Green Beans &lt;br&gt;Caesar Salad &lt;br&gt;Ice Cream &lt;br&gt;Berry Sorbet</td>
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<tr>
<td>5/25 <strong>V</strong>&lt;br&gt;Stuffed Shells &lt;br&gt;Broccoli &lt;br&gt;Grapes &lt;br&gt;Cheesy Garlic Bread Sherbet</td>
<td>5/26 <strong>N</strong>&lt;br&gt;Chicken Broccoli Alfredo &lt;br&gt;Caesar Salad &lt;br&gt;Ice Cream</td>
<td>5/27 <strong>F</strong>&lt;br&gt;Mediterranean Baked Cod w/Tomato &amp; Onion over Orzo Salad &lt;br&gt;Carrot Beet Salad &lt;br&gt;Cookie</td>
<td>5/28 <strong>F</strong>&lt;br&gt;Seafood Mac &amp; Cheese w/Broccoli &lt;br&gt;Spinach Strawberry Salad &lt;br&gt;Juice &lt;br&gt;Ice Cream Sandwich</td>
<td>5/29 <strong>F</strong>&lt;br&gt;Chili Beef &amp; Cheese Sandwich</td>
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**LUNCH & LEARN**<br>5/8<br>Chicken Parmesan<br>Ziti w/Sauce<br>Green Beans<br>Fruit Cup<br>Brownie

**5/15 Special Dinner**

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

Please indicate Tuna, Egg or Yogurt

Name:

Phone:

*Meal Alternatives Not Available for Special Lunch & Dinner*
LUNCH + LEARN— Monday, May 8th at 12:00 Noon

Come to enjoy lunch and hear Barbara Kipniss, Diabetes Prevention Program Coordinator and Lifestyle Coach from St. Peter’s Health Partners discuss diabetes prevention. Lunch served will be Chicken Parmesan with Ziti, Green Beans, Fruit Salad and a Brownie

*Suggested contribution of $3. Reservations Required.

Please call 518-459-2857 Ext. 303 by 12pm on Friday, May 5th

Special Lunch Friday, May 5th at 12:00 Noon

Come listen to a local favorite, the Colonie Village Singers and enjoy lunch with the community! Lunch served will be a Vegetarian Antipasto Salad with Italian Wedding Soup, Fruit Juice, and a Cookie.

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

Please call 518-459-2857 Ext. 303 by 12pm Thursday, May 4th

Special Dinner Monday, May 15th at 5:00PM

Come enjoy dinner and the sounds of “Red King Duo” (Bob Redmond and David King) with the community! Dinner will be Meatloaf, Mashed Potatoes, Sauteed Carrots & Spinach and Carrot Cake

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

Reservations are due Friday, May 12th by 12:00pm

518—459—2857 x 303

CALL FOR RESERVATIONS THE BUSINESS DAY BEFORE 5 1 8 - 4 5 9 - 2 8 5 7  X  3 0 3

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 (Must Order Day Before): Tuna Salad Plate (tuna salad over green salad), Egg Salad Plate (egg salad over green salad) or Yogurt &Fruit Plate (yogurt, granola, nuts and mixed fruit) *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 are $11 for lunch.