

Welcome to Community Lunch December



RSVP/CANCEL BY 12PM BUSINESS DAY BEFORE 518-459-2857 EXT 303

Monday	Tuesday	Wednesday	Thursday	Friday
12/2 F Apricot Beef Brisket Mashed Potatoes Carrots Green Salad Applesauce Cookie <input type="checkbox"/>	Lunch & Learn 12/3 Oregano Lemon Chicken Roasted Potatoes Stewed Tomatoes Caesar Salad Carrot Cake <input type="checkbox"/>	12/4 Butternut Squash Soup & 1/2 Turkey Sandwich Cabbage Apple Slaw Brownie <input type="checkbox"/>	Timeless Tappers! 12/5 Shrimp Scampi over Angel Hair Peas Grapes Ice Cream <input type="checkbox"/>	Special Lunch 12/6 Chicken Parmesan Ziti w/Marinara Green Beans Caesar Salad Apple Pie <input type="checkbox"/>
12/9 Baked Ham Scalloped Potatoes Peas Grapes Applesauce Cherry Pie <input type="checkbox"/>	12/10 Meatball Sub Cabbage Apple Slaw Juice Ice Cream <input type="checkbox"/>	12/11 V Garlic, Ricotta Broccoli Pizza Side Marinara Three Bean Salad Vanilla Cake <input type="checkbox"/>	12/12 Cornflake Chicken Tater Tots Honey Dijon Carrots Carrot Raisin Salad Cookie <input type="checkbox"/>	12/13 Chicken Broccoli Alfredo Caesar Salad Applesauce Berries & Cream <input type="checkbox"/>
12/16 LUNCH: Swedish Meatballs Special Dinner Oregano Lemon Chicken LUNCH <input type="checkbox"/> DINNER <input type="checkbox"/> (see back)	12/17 Salmon Cakes Oven Roasted Potatoes Zucchini Green Salad Cookie <input type="checkbox"/>	12/18 Stuffed Pepper Carrot Raisin Salad Juice Apple Pie <input type="checkbox"/>	12/19 Chicken Caesar Salad Grapes Juice Carrot Cake <input type="checkbox"/>	12/20 V Eggplant Parmesan w/ Ziti Caesar Salad Fruit Cup Brownie <input type="checkbox"/>
12/23 Chicken Piccata Rice Pilaf Asparagus Green Salad Ice Cream <input type="checkbox"/>	12/24 Meatloaf Mashed Potatoes Honey Dijon Carrots Green Salad Blondie <input type="checkbox"/>	12/25 CLOSED 	12/26 Seafood Mac & Cheese Broccoli Carrot Raisin Salad Juice Berries + Cream <input type="checkbox"/>	12/27 V Grilled Cheese & Tomato Soup Three Bean Salad Applesauce Cookie <input type="checkbox"/>
12/30 V Baked Ziti Green Beans Caesar Salad Applesauce Cherry Pie <input type="checkbox"/>	12/31 Honey Mustard Chicken Roasted Potatoes Carrots Brownie <input type="checkbox"/>	Please Indicate TUNA/EGG/ YOGURT Clearly on each day requested	Name(s): _____ Phone:# _____	

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

TUESDAY DECEMBER 3RD AT NOON



Please be mindful of others during the presentation and keep conversations to a minimum

Come hear from Erica Kelble, Director of Development for Habitat for Humanity Capital District. Erica will discuss what the organization does, and how you can help the community if interested!

Suggested contribution of \$3 for lunch. RSVP by 12/2 at 12PM

Extra Event!* Timeless Tappers Perform Thursday 12/5

SPECIAL LUNCH Friday, December 6th



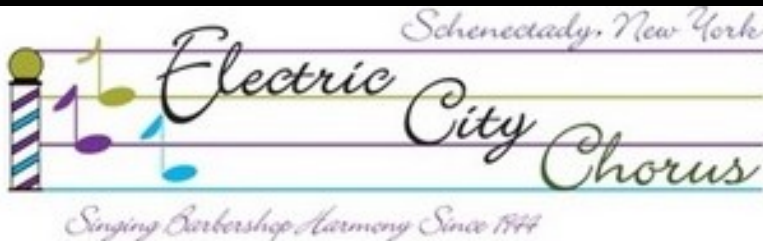
Come enjoy a lunch favorite—Chicken Parm and mesmerizing vocals of Carmen Lookshire!

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

RSVP by 12/5 at Noon!

518—459—2857 ext 303

SPECIAL DINNER Monday, December 16th at 5PM



Come enjoy dinner and a performance by the Electric City Chorus. Their show will include songs from Broadway musicals, pop music, big band standards, love songs, toe-tappers, doo-wop, & Motown. Dinner is

Oregano Lemon Chicken, Roasted Potatoes, Stewed Tomatoes, Caesar Salad & Apple Pie

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

Please be sure to place a RSVP by Friday December 13th at Noon

CALL FOR RESERVATIONS&TO CANCEL: 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 over lettuce), Egg Salad Plate

(egg salad over lettuce, or Yogurt Parfait (yogurt, fresh fruit, granola)

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

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

Guests and under 60, \$11 for lunch. and dinner