


Welcome to

Community Lunch February



RSVP & CANCEL BY 12PM BUISNESS DAY BEFORE 518-459-2857 EXT 303

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2/3 N Meat Lasagna Green Beans Caesar Salad Brownie</p> <p>Lunch & Learn</p> <p>2/10 Cream of Potato Soup 1/2 Turkey Sand. Caesar Salad Applesauce Blondie</p>	<p>2/4 F Seafood Mac & Cheese Broccoli Three Bean Salad Vanilla cake</p> <p>2/11 Chicken Broccoli Alfredo Tomato Basil Salad Cookie</p> <p>2/18 F Cornflake Chicken Tater Tot Asparagus Coleslaw Cherry Pie</p>	<p>2/5 Chicken Marsala Rice Pilaf Carrot Raisin Salad Cookie</p> <p>2/12 Oregano Lemon Chicken Roasted Potatoes Stewed Tomatoes, Strawberry Spin. Sal Lemon Meringue Pie</p> <p>2/19 Pulled Pork Sandwich Honey Dijon Carrots Corn Salad</p>	<p>2/6 F Chicken Parmesan Ziti w/Sauce Caesar Salad Carrot Cake</p> <p>2/13 Oven Fried Fish Sandwich Tater Tot Zucchini Coleslaw Brownie</p> <p>2/20 Chicken Caesar Salad Carrot Raisin Salad Juice Berries + Cream</p> <p>2/27 N BBQ Chicken Carrots Baked Beans Corn Salad Blondie</p>	<p>Special Lunch 2/7 Pasta Fagioli w/ Sausage Garlic Breadstick Tomato Basil Salad Berries + Cream</p> <p>2/14 ♥ Swedish Meatballs over Egg Noodles Green Beans Carrot Raisin Salad Ice Cream</p> <p>2/21 F Spaghetti & Meatballs Caesar Salad Garlic Breadstick Blondie</p> <p>2/28 V Eggplant Parmesan Ziti w/Marinara Carrot Raisin Salad Juice Sherbet</p>
<p>2/17 LUNCH V Mushroom, Spinach Cheese Quiche 2/17 Special Dinner Cabin Fever Cookout LUNCH (see back) DINNER</p>				
<p>2/24 Stuffed Pepper Tomato Basil Salad Garlic Breadstick Chocolate Cake</p>	<p>2/25 F Apricot Beef Brisket Mashed Potatoes Asparagus Spinach Mandarin salad Ice Cream</p>	<p>2/26 Salmon Cakes Roasted Potatoes Zucchini Strawberry Spinach Salad Carrot Cake</p>		
	<p>NAME(s): _____</p> <p>PHONE: _____</p> <p>Indicate if you prefer Tuna, Egg or Yogurt Clearly on Each Day Requested</p>			<p>RSVP & CANCEL BY 12PM BUISNESS DAY BEFORE 518-459-2857 EXT 303</p>



LUNCH + LEARN Monday Feb 10th @Noon

Lunch & * Learn Monday 2/10 at Noon:

Please be mindful of others and the presenter and keep conversations to a minimum during the presentation Vienna, one of the historic capitals of the western world, has a rich heritage of classical music and its own dance form: the Viennese Waltz. The New Year's Day concert from the great music hall in the city is broadcast throughout the world, and thousands of guests flock to Vienna every year to enjoy the Ball Season. The Capital Region will have a chance to savor both experiences this March as the Albany Symphony presents their own version of the New Year's Day concert (Troy Savings Bank Music Hall, March 15th) and Musicians of Ma'alwyck presents a Viennese Ball (WMHT-TV Studios, March 29th). Ann-Marie Barker Schwartz, Artistic Director of Musicians of Ma'alwyck and a former member of the Albany Symphony will share the history of this rich Viennese culture, along with providing information about both events and perhaps demonstrating the iconic waltz.

RSVPS are due FRIDAY the 7th by 12PM. Suggested Donation is \$3.00

February Special Lunch - Friday, February 7th at Noon

Special Lunch Friday 2/7 at 12PM: RSVPS are due by 12PM Day before.

Come enjoy a show by Holly Beltran. She has been entertaining audiences of all ages with her unique combination of songs, dance and props since 1999. Her main genres are Broadway, Jazz, Country and Children's music.

Suggested Donation of \$3.00 for lunch and \$3.00 for music.



February Special Dinner - February 17th at 5:00 p.m.

RSVPS are due by 12PM Friday the 14th Come enjoy a "Cabin Fever Cookout" and guitar, keyboard and vocal tunes by "Musicats" Duo. Dinner will be a Cheeseburger w/lettuce and tomato, Oven Roasted Potatoes, Coleslaw, Fruit Cup and Ice Cream for dessert.

Suggested Donation of \$3.00 for dinner and \$3.00 for music
Please be sure to place a RSVP by Friday the 14th by 12PM

CALL FOR RESERVATIONS, DUE 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 by RSVP ONLY : Tuna Salad Plate (tuna salad over bed of lettuce), Egg Salad Plate (egg salad over bed of lettuce), Fruit & Yogurt Platter (fresh fruit, yogurt and granola)

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

Suggested Contribution: \$3, plus \$3 for entertainment at Spec L & Dinner.
Guests and under 60, \$11 for lunch and dinner.

