

COMMUNITY LUNCH

RSVP by 12pm business day before

518 - 459 - 2857 x 303

Doors Open 11:30, Lunch Served at Noon



Monday

Tuesday

Wednesday

Thursday

Friday



9/1 New
**Chicken Bacon
Mac & Cheese**
Broccoli
Green Salad
Applesauce

☐

9/2
Goulash
Green Salad
Fruit Cup
Oatmeal Raisin
Cookie

☐

9/3 New
Turkey Divian
Green Salad
Fruit Cup
Chocolate Chip
Cookie

☐

9/4 SPECIAL LUNCH
Cornflake Chicken
Roasted Potatoes
Carrots
Pickled Beet Salad
Ambrosia

☐


9/8
Salisbury Steak
Mashed Potatoes
Green Beans
Green Salad
Lorna Doone
Cookies

☐

9/9
Salmon Cakes
Roasted Potatoes
Zucchini
Peaches & Cream

☐

9/10
Veggie Pizza
Side Marinara
Pickled Beet
Salad
Pumpkin
Pudding

☐

9/11 New
**Pepper Steak
with Onions**
Cabbage Apple
Slaw
Fruit Cup, Berries &
Cream

☐

9/14
Meatloaf
Mashed Potatoes
Carrots & Green
Beans
Fig
Newtons

☐

9/15
Chicken Marsala
Broccoli
Caesar Salad
Pumpkin
Pudding

☐

9/16
**Swedish
Meatballs over
Egg Noodles**
Green Beans
Peaches
& Cream

☐

9/17 New
**Cream of Broccoli
Soup & Turkey
Sandwich**
Mandarin Oranges
Chickpea
Salad

☐

9/18
**Sweet & Sour
Chicken**
Spinach Mandarin
Salad
Fruit
Cup

☐

9/21 New
Italian Wedding Soup
9/21 DINNER
Chicken Parmesan
(see back for more)
LUNCH DINNER

☐
☐

9/22
Beef & Broccoli
Brown Rice
Cabbage Apple
Slaw
Fruit Cup

☐

9/23
**Shrimp Scampi
over Angel Hair**
Peas
Caesar Salad
Peaches &
Cream

☐

9/24
Meat Lasagna
Green Beans
Spinach Mandarin
Salad
Applesauce

☐

9/25 New
**Oven Fried
Chicken Sandwich**
Roasted Potatoes
Broccoli Slaw
Chocolate
Chip Cookie

☐

9/28
**Penne &
Meatballs**
Carrot Raisin Salad
Peaches & Cream

☐

9/29
Chicken Parmesan
Penne w/Marinara
Broccoli
Green Salad
Applesauce

☐

9/30 New
Teryaki Chicken
Brown Rice
Broccoli
Spinach Mandarin
Salad
Fruit Cup

☐

NAME (S):

PHONE #

**Clearly Note EGG, TUNA or YOGURT
on all days requested**

RESERVATIONS & REGISTRATION REQUIRED. WALK-INS ONLY PERMITTED IF SPACE PERMITS.

SUGGESTED DONATION OF \$3.00. UNDER 60 & OUT OF STATE GUESTS \$11 FEE

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Available lunch alternates are: Tuna salad (tuna over lettuce), Egg salad (egg salad over lettuce), or Fruit, yogurt and granola platter (not available for dinner).

Special Notice Regarding Congregate Program Menu

Albany County is adopting the USDAs newly released Dietary Guidelines for Americans. You will notice fewer desserts on our Senior Dining menu as we begin making the required updates. Additional menu changes will be introduced over the coming months. We appreciate your support as we adjust our meals to meet these guidelines. If you wish to see the new guidelines, go to www.realfood.gov. If you have further questions, please feel free to contact Liz Hatlee, Senior Dining Director, at the phone number on this menu or via email at: lhatee@colonieseniors.org.

SPECIAL LUNCH

FRIDAY 9/4

Special Lunch Friday, September 4th at Noon:

Come enjoy an energetic guitar & vocal performance by returning hit, Brian Zapell! Lunch will be Cornflake Chicken, Roasted Potatoes, Carrots, Pickled Beet Salad and Abrosia for dessert. *Suggested Donation of \$3 for lunch and \$3 for music. RSVPs are due Thursday 9/3 by noon. Limited walk-ins will be permitted.*



SPECIAL DINNER

MONDAY 9/21 AT 5PM

Special Dinner Monday, September 21st at 5:00PM (Doors Open at 4:30):

Come enjoy dinner with your community and a fun performance by REDKING duo. Dinner served will be Chicken Parmesan, Ziti w/Marinara, Green Beans, Mixed Green Salad, and a slice of Lemon Meringue Pie!

Reservations are required no later than Friday, September 18 at 12PM.

Suggested Donation: \$3 for dinner and \$3 for music

This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living and participant contributions.

This program is an equal opportunity provider.

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