

COMMUNITY LUNCH

RSVP by 12pm business day before

518 - 459 - 2857 x 303

Doors Open 11:30, Lunch Served at Noon



Suggested Donation is \$3 for lunch and \$3 for entertainment at special lunch and dinner

Under 60 or out of state guests are required to pay a \$11 fee

Monday

Tuesday

Wednesday

Thursday

Friday

NAME (S):

PHONE #

Available Lunch Alternates are
TUNA, EGG SALAD or Fruit & Yogurt



10/1 New
Waldorf Chicken
Salad on a Bun
Cabbage &
Apple Slaw
Fruit Cup

10/2 SPECIAL LUNCH New
Spanish Rice w/
Beef
Green Beans
Green Salad
Applesauce

10/5 New
Sloppy Joe
Green Beans
Caesar Salad
Fruit Cup
Pumpkin
Pudding

10/6
Bacon, Shrimp
& Corn Chowder
Turkey Sandwich
Pickled Beet Salad
Mandarin
Oranges

10/7
Lemon Garlic
Baked Cod
Roasted Potatoes
Broccoli Slaw
Peaches
& Cream

10/8 Veg
Baked Ziti
Caesar Salad
Fruit Cup

10/9 New
Western Omelet
Bake w/ Ham
Green Salad
Chickpea Salad
Peaches
& Cream

10/12 CLOSED

CLOSED
FOR
COLUMBUS
DAY

10/13
Chicken Bacon
Mac & Cheese
Broccoli
Green Salad
Applesauce

10/14
Goulash
Green Salad
Fruit Cup
Oatmeal Raisin
Cookie

10/15
Turkey Divian
Broccoli
Green Salad
Fruit Cup
Chocolate
Chip Cookie

10/16
Cornflake
Chicken
Roasted Potatoes
Carrots
Pickled Beet Salad
Abrosia

10/19 Lunch
Stuffed Pepper
10/19 SPECIAL DINNER
Meat Lasagna
(see back for more)
LUNCH DINNER

10/20
Salisbury Steak
Mashed Potatoes
Green Beans
Green Salad
Lorna
Cookies

10/21
Salmon Cakes
Roasted Potatoes
Zucchini
Peaches &
Cream

10/22 Veg
Veggie Pizza
Marinara Dipping
Sauce
Pickled Beet Salad
Pumpkin
Pudding

10/23 New
Pepper Steak w/
Onions
Cabbage Apple
Slaw, Fruit Cup
Berries
& Cream

10/26
Meatloaf
Mashed Potatoes
Carrots & Green
Beans
Fig
Newtons

10/27
Chicken Marsala
Broccoli
Caesar Salad
Applesauce
Pumpkin
Pudding

10/28
Swedish Meatballs
over Egg Noodles
Green Beans
Juice
Peaches &
Cream

10/29
Cream of Broccoli
Soup & Turkey
Sandwich
Chickpea Salad
Mandarin
Oranges

10/30
Sweet & Sour
Chicken
Spinach
Mandarin Salad
Fruit Cup

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SPECIAL LUNCH

FRIDAY 10/2

Special Lunch Friday, October 2nd at Noon:

Come enjoy a captivating piano performance by composer Cole Broderick. Lunch served will be Spanish Rice with ground beef, Green Beans, a Green Salad and Applesauce.



*Reservations are required by Thursday, 10/1 at 12PM.
Suggested Donation of \$3 for music and \$3 for food.*

SPECIAL DINNER

MONDAY 10/19 AT 5PM

Special Dinner Monday, October 19th at 5PM (Doors 4:30):

Come enjoy dinner with your community and a energetic performance by duo Mary & Gary! Dinner served will be Meat Lasagna, Roasted Potatoes, Green Beans, Chickpea Salad, and a Blondie for dessert.

***Reservations are required, and limited walk-ins will be permitted day-of. RSVPs are due Friday, October 16th at 12PM
Suggested Donation of \$3 for food and \$3 for entertainment***

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.

RESERVATIONS & REGISTRATION REQUIRED. WALK-INS ONLY PERMITTED IF SPACE PERMITS.
SUGGESTED DONATION OF \$3.00. UNDER 60 & OUT OF STATE GUESTS \$11 FEE