

For reservations call 518-235-2420 by 4:00 pm the day before the meal

| | Tuesday - 1 | Wednesday - 2 | Thursday - 3 | Friday - 4 |
|--|--|---|--|---|
| | BBQ Pulled Pork Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Hamburger Bun Cinnamon Applesauce | Spanish Rice Carrots Corn Bread Pound Cake | Chicken Jambalaya Rice Whole Wheat Bread Brownie | Lemon Oregano Fish Seasoned Zucchini & Tomatoes Yellow Rice Whole Wheat Bread Fruit Cocktail |
| Monday - 7 | Tuesday - 8 | Wednesday - 9 | Thursday - 10 | Friday - 11 |
| Chicken Chow Mein Asian Vegetables Rice Whole Wheat Bread Orange | Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing Peaches | Sweet & Sour Pork Broccoli Rice Whole Wheat Bread Peaches | Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread Applesauce | Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon Cake w/ Frosting |
| Monday - 14 | Tuesday - 15 | Wednesday - 16 | Thursday - 17 | Friday - 18 |
| Mac & Cheese Stewed Tomatoes Peaches Whole Wheat Bread Sugar Cookie | Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Whole Wheat Bread Apple | Chicken Teriyaki Asian Vegetables Rice Whole Wheat Bread Pineapples | Savory Roast Beef w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Vanilla Pudding | 2-Lasagna Roll-Ups w/ Marinara Sauce & Parmesan Cheese Italian Blend Vegetables Whole Wheat Bread Mandarin Oranges |
| Monday - 21 | Tuesday - 22 | Wednesday - 23 | Thursday - 24 | Friday - 25 |
| Lemon Garlic Fish Mashed Butternut Squash Spinach Whole Wheat Bread Tapioca Pudding | Meatloaf w/ Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Apple Juice Whole Wheat Bread Pound Cake | Honey Mustard Chicken Seasoned Zucchini & Tomatoes Rice Whole Wheat Bread Fruit Cocktail | CLOSED CHRISTMAS EVE | CLOSED CHRISTMAS DAY |

*This Congregate Dining Program is supported in part by the Albany County Department for Aging, the New York State Office for Aging, and the Administration for Community Living. All Albany County congregate meal programs allow for a suggested contribution of \$3.00. Contributions are very much appreciated and go directly to support and expand the congregate meal program. **Contributions are voluntary, confidential, and purely optional.** All seniors are welcome and encouraged to attend our meal program. **Please make a reservation to assure we have a meal available at the meal program you would like to attend.** No one will be turned away due to an inability to make a contribution. All meals are served with milk. Some items may be subject to last-minute **substitution.***



December 2020
Cohoes Senior Center Dining
 10 Cayuga Plaza | Cohoes, NY 12047
 Lunch 12:00 PM

For reservations call 518-235-2420 by 4:00 pm the day before the meal

| Monday - 28 | Tuesday - 29 | Wednesday - 30 | Thursday - 31 | Friday-January-1 |
|--|--|--|--|--|
| Chicken Cacciatore California Blend Vegetables Noodles Whole Wheat Bread Vanilla Pudding | Cheeseburger w/ Swiss Cheese Oven Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Hamburger Bun Ketchup Cake | Roast Pork w/ Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Vegetables Whole Wheat Bread Applesauce | CLOSED NEW YEAR'S EVE | CLOSED NEW YEAR'S DAY |

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