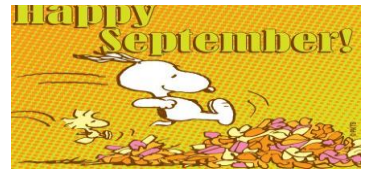




September 2017



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	Tuesday	Wednesday	Thursday	Friday
				1
				Cheeseburger on wheat bun w/ Lettuce Tomato Three bean Salad Apple Juice Blueberry Crisp
4	5	6	7	8
Closed Holiday	Turkey w/Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Applesauce Cupcake	Baked Fish Almandine Mashed Sweet Potato Cauliflower Wheat Dinner roll Strawberry on Shortcake	Roasted Pork Loin w/Gravy Roasted Red Potatoes Carrots Rye Bread Cinnamon Applesauce	Pepper Steak (Onions & Peppers) Summer Squash Rice Wheat Bread Lemon Cake
11	12	13	14	15
Chicken Primavera (Italian Blended Veggies) Pasta Wheat Bread Tropical Fruit Salad	Ham & Bean Casserole Spinach Corn Bread Blueberries w/Vanilla Yogurt Parfait	Roast Turkey w/Gravy Cranberry sauce Mashed potatoes Green Beans Wheat Stuffing Birthday cake	Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes California Blended Veggies Wheat Bread Brownie	Baked Ziti w/Cheese Romaine Salad, Carrots, tomato, Cucumber Italian Dressing Wheat Dinner roll Peaches & Cream
18	19	20	21	22
BBQ Chicken California Blended Veggies Mashed Sweet Potatoes Wheat Dinner Roll Chocolate Pudding	Roast Pork w/Gravy Mashed Potatoes Carrots Wheat Stuffing Wheat Bread Applesauce	Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	Baked Chicken w/Mushroom Gravy Italian Blended Veggies Rice Rye Bread Strawberry Shortcake	Lemon Garlic Baked Fish Baked Sweet Potatoes Spinach Wheat Dinner Roll Fresh Melon Cup
25	26	27	28	29
American Goulash Romaine salad Italian Blend Wheat Bread Applesauce Cake	Chicken Cacciatore Rice Broccoli Wheat Bread Pears	Beef Tips w/Brown Gravy & Noodles Parsley Carrots Wheat Bread Tropical Fruit Salad	Turkey Tetrazzini w/Peas Brussell Sprouts Wheat Bread Mandarin Oranges	Potato Crunch Fish Mashed Sweet Potatoes Peas Rye Bread Ambrosia



September 2017

Cohoes Senior Center Dining
10 Cayuga Plaza, Cohoes, NY 12047
Dinner 5:00 PM

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

Congregate Dining is funded in large part through support from the Albany County Department for Aging, the New York State Office for Aging, and the Administration on Aging. Additional support for this program comes from donors and community businesses like you. There is a \$3.00 suggested contribution towards the cost of the meal. No one will be turned away due to an inability to make a contribution. All meals are served with 1% milk. Some items may be subject to last minute substitution.

8/24/2017

Monday	Tuesday	Wednesday	Thursday	Friday
	5		7	
	Pot Roast w/Gravy Mashed Potatoes Spinach Wheat Bread Blueberry Crisp		Greek Style Chicken Roasted Zucchini & Yellow Squash Sautéed Kale Orzo Wheat Bread Honey Cake	
	12		14	
	Spanish Rice w/Beef and Beans Romaine, Radish, Cucumber Salad French Dressing Corn Bread Strawberries w/Whipped Cream		Spiral Ham w/Crushed Pineapple Mashed Sweet Potatoes Green Beans Wheat Dinner Roll Applesauce Cake	
	19		21	
	BBQ Chicken Thighs Potato Salad Spinach Egg Noodles Wheat Bread Vanilla Pudding Tart		American Goulash Romaine Salad w/Carrots, Tomato, Cucumber Italian Dressing Cranberry Juice Wheat Dinner Roll Lemon Cake	
	26		28	
	Loaded Mac & Cheese w/Chicken, Bacon Broccoli Apple Juice Wheat Bread Strawberries w/Whipped Topping		Eggplant Parm w/Cheese Romaine Salad w/Tomato, Carrots, Cucumber Italian Dressing Wheat Bread Italian Ice	