



April 2018

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
2	3	4	5	6
<p>A. BBQ Chicken Roasted Sweet Potatoes California Blended Vegetables Dinner Roll <i>Mandarin Oranges</i> <i>Oatmeal Raisin Cookie</i></p> <p>B. Baked Fish</p> <p>C. Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice</p>	<p>A. Roasted Pork w/ Gravy Mashed Potatoes Green Beans Stuffing <i>Wheat Bread</i> <i>Applesauce</i></p> <p>B. Baked Fish</p> <p>C. Chef Salad with Muenster Cheese, Ham, Egg & Turkey Romaine, Tomatoes, Carrots Ranch Dressing</p>	<p>A. Chicken Cacciatore Rice Broccoli Dinner Roll Pineapple</p> <p>B. Baked Fish</p>	<p>A. Beef Tips w/ Gravy over Egg Noodles Parsley Carrots Wheat Bread <i>Blended Fruit Juice</i> <i>Rice Pudding</i></p> <p>B. Baked Fish</p> <p>C. Turkey Sandwich on Wheat Potato Salad</p>	<p>A. Lemon Garlic Baked Fish Mashed Sweet Potatoes Sautéed Summer Squash Dinner Roll <i>Brownie</i></p> <p>B. Baked Chicken Breast</p> <p>C. Egg Salad Sandwich on Rye Broccoli Salad Apple Juice</p>
9	10	11	12	13
<p>A. American Goulash Dinner Salad <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p>B. Baked Fish</p> <p>C. Chef Salad with Muenster Cheese, Ham, Egg & Turkey Romaine, Tomatoes, Carrots Ranch Dressing</p>	<p>A. Baked Chicken w/ Mushroom Gravy Green Beans Whipped Sweet Potatoes Rye Bread Strawberry Shortcake</p> <p>B. Baked Fish</p>	<p>A. Easter Ham w/ Crushed Pineapple Whipped Sweet Potatoes Green Beans Dinner Roll <i>Birthday Cake</i></p> <p>B. Baked Fish</p> <p>C. Turkey and Cheese Caesar Wrap Coleslaw V-8 Juice</p>	<p>A. Turkey Tetrazzini Brussels' Sprouts Orange Juice Spaghetti <i>Wheat Bread</i> <i>Applesauce Cake</i></p> <p>B. Baked Fish</p> <p>C. Cottage Cheese Plate with Peaches and Hard Boiled Egg Pickled Beet Salad</p>	<p>BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie</p> <p>B. Baked Fish</p>

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
A. Fish w/ Tomato Salsa Rice Pilaf California Blended Veg. Wheat Bread Apple Juice Lemon Pudding B. Baked Chicken Breast C. Tuna Salad Sandwich on Wheat Spinach Salad	A. Macaroni & Cheese Seasoned Zucchini & Tomatoes Dinner Roll Pineapple Chucks B. Baked Fish C. Chicken Salad Sandwich on Wheat Marinated Tomato & Cucumber Salad	A. Chicken w/ Honey Mustard Sauce Mashed Sweet Potato Green Beans Dinner Roll Apricots B. Baked Fish C. Chicken Waldorf Salad with Apples, Grapes and Walnuts	A. Barbeque Pulled Pork Oven Roasted Potatoes Coleslaw Wheat Bun Oatmeal Raisin Cookie B. Baked Fish C. Chicken Waldorf Salad with Apples, Grapes and Walnuts	A. Meatloaf w/ Mushroom Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce B. Baked Fish C. Ham and Swiss on Rye Broccoli Salad
23	24	25	26	27
A. Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables Italian Bread Tapioca Pudding B Baked Fish C. Roast Beef Sandwich on Italian Carrot Raisin Salad	A. Oregano Lemon Chicken Garlic Rosemary Potatoes California Blend Rye Bread Cranberry Juice Applesauce Cake B. Baked Fish C. Soft Chicken Taco Mexican Cole Slaw	A. Beef & Broccoli over Rice Carrots Wheat Dinner Blueberries & Whipped Topping B. Baked Fish C. Hummus with Chicken and Cucumbers in a Pita Broccoli Salad	A. Hungarian Goulash Spinach Dinner Roll Melon in Season B. Baked Fish C. Hummus with Chicken and Cucumbers in a Pita Broccoli Salad	Chef Salad Plate w/ Meat Munster Cheese & Hard Boiled Egg Peaches Dinner Roll Chocolate Chip Cookie B. Baked Fish
30				
A. Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll Chocolate Pudding B. Baked Chicken C. BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad	<p><i>This Congregate Dining Program is primarily funded through support from by the Albany County Department for Aging, the New York State Office for Aging, and the Administration on Aging. All Albany County congregate meal programs allow for a suggested contribution of \$3.00.</i></p> <p><i>Contributions are very much appreciated, and go directly to support and expand the congregate meal program.</i></p> <p><i>Contributions are voluntary, confidential, and purely optional.</i></p> <p><i>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.</i></p> <p><i>All meals are served with milk. Some items may be subject to last minute substitution.</i></p>			



APRIL 2018
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.

Monday	Tuesday	Wednesday	Thursday	Friday
	3		5	
	A. Loaded Mac & Cheese Broccoli Apple Juice Wheat Bread Strawberries w/ Whipped Topping B. Baked Fish		A. Eggplant w/ Parmesan Cheese Dinner Salad Dinner Roll Fresh Fruit Cup Lemon Italian Ice B. Baked Fish	
	10		12	
	A. Roast Beef w/ Gravy Mashed Potatoes Carrots Wheat Bread Blueberry Crisp B. Baked Fish		A. American Goulash Dinner Salad Cranberry Juice Wheat Bread Lemon Cake B. Baked Fish	
	17		19	
	A. Cheese Burger w/ Lettuce, Tomato & Onion Potato Wedges California Blend Hamburger Bun Fresh Fruit Cup B. Baked Fish		A. Parmesan Crusted Chicken Garlic Mashed Potatoes Prince Edwards Vegetables Applesauce Dinner Roll Brownie B. Baked Fish	
	24		26	
	A. Ziti w/ Meatballs Dinner Salad Italian Dressing Italian Bread Sugar Cookie B. Baked Fish		A. Oven Baked Fish Sandwich Roasted Red Potatoes Coleslaw Wheat Bun Strawberry w/ Shortcake B. Baked Chicken Breast	

This Congregate Dining Program is primarily funded through support from by the Albany County Department for Aging, the New York State Office for Aging, and the Administration on Aging. All Albany County congregated meal programs allow for a suggested contribution of \$3.00.

Contributions are very much appreciated, and go directly to support and expand the congregated 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.