



## July 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
<b>A. American Goulash</b> Tossed Salad Elbow Noodles Wheat Bread Mandarin Oranges  <b>B. Baked Fish</b>  <b>C. Chef Salad w/            Munster, Turkey &amp; Hard            Boiled Egg</b>	<b>A. Hot Dog</b> Baked Beans Cole Slaw Hot Dog Bun Watermelon Vanilla Ice Cream Cup  <b>B. Baked Fish</b>	<b>Closed</b>  <b>Independence            Day</b>	<b>A. Turkey Tetrazzini</b> Brussels' Sprouts Spaghetti Orange Juice Wheat Bread Applesauce Cake  <b>B. Baked Fish</b>  <b>C. Cottage Cheese &amp;            Hard Boiled Egg</b> Peaches Pickled Beet Salad	<b>BLT Bow Tie Pasta Salad            w/ Chicken</b> Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie  <b>B. Baked Fish</b>
9	10	11	12	13
<b>A. Fish w/ Tomato Salsa</b> Rice Pilaf California Blended Veg. Wheat Bread Apple Juice Lemon Pudding  <b>B. Baked Chicken</b>  <b>C. Tuna Salad Sandwich            on Wheat</b> Spinach Salad	<b>A. Macaroni &amp; Cheese</b> Seasoned Zucchini & Tomatoes Dinner Roll Pineapple  <b>B. Baked Fish</b>  <b>C. Chicken Salad Plate on            Bed of Romaine</b> Marinated Tomato & Cucumber Salad	<b>A. BBQ Chicken</b> California Blend Vegetables Oven Roasted Sweet Potatoes Cranberry Juice Dinner Roll Birthday Cake  <b>B. Baked Fish</b>	<b>A. Barbeque Pulled Pork</b> Oven Roasted Potatoes Coleslaw Wheat Bun Oatmeal Raisin Cookie  <b>B. Baked Fish</b>  <b>C. Chicken Waldorf            Salad</b> with Apples, Grapes and Walnuts	<b>A. Turkey Ruben Sandwich</b> Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream  <b>B. Baked Fish</b>

*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.*

*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**.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>A. Lasagna Roll-Ups w/ Marinara Sauce</b> Italian Blend Vegetables <i>Whole Wheat Bread</i> <i>Tapioca Pudding</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Ham Salad Sandwich w/ Lettuce &amp; Tomato</b> Carrot Raisin Salad Orange Juice Italian Bread</p>	<p><b>A. Oregano Lemon Chicken</b> Garlic Rosemary Roasted Potatoes Cali Blend Veggies <i>Cranberry Juice</i> Rye Bread <i>Applesauce Cake</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Chicken Taco w/ Lettuce Cheese &amp; Salsa</b> Mexican Coleslaw</p>	<p><b>Beef &amp; Broccoli</b> Rice Carrots Dinner Roll Blueberries &amp; Whipped Topping</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Hungarian Goulash</b> Egg Noodles Spinach Dinner Roll <i>Melon in Season</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Pita Sandwich w/ Chicken, Hummus, and vegetables</b> Broccoli Salad</p>	<p><b>Peach Glazed Chicken</b> Mashed Sweet Potatoes Sautéed Summer Squash Rye Bread Brownie</p> <p><b>B. Baked Fish</b></p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>A. Baked Fish w/ Tartar Sauce</b> Mashed Sweet Potato Cauliflower Dinner Roll <i>Chocolate Pudding</i></p> <p><b>B. Baked Chicken</b></p> <p><b>C. Turkey Bacon BLT</b> Three Bean Salad Apple Juice Wheat Bread</p>	<p><b>A. Turkey w/ Gravy</b> Mashed Potatoes Wheat Stuffing Peas &amp; Carrots <i>Applesauce Cake</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Roast Beef Sandwich</b> Lettuce &amp; Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p>	<p><b>A. Chicken Parmesan w/ Cheese</b> Pasta Dinner Salad Wheat Bread Strawberries w/ Whipped Topping</p> <p><b>B. Baked Fish</b></p>	<p><b>A. Pepper Steak &amp; Onions</b> Egg Noodles Beets Wheat Bread <i>Lemon Cake</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Tuna Salad Sandwich</b> Carrot Raisin Salad Grape Juice</p>	<p><b>A. Roasted Pork Loin w/ Gravy</b> Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce</p> <p><b>B. Baked Fish</b></p>
<b>30</b>	<b>31</b>			
<p><b>A. Chicken Primevera</b> Pasta Wheat Bread Tropical fruit Salad</p> <p><b>B. Baked Fish</b></p> <p><b>C. BLT Bow Tie Chicken</b> Pasta Salad V-8 Juice</p>	<p><b>A. Sloppy Joe</b> Roasted Red Potatoes Sautéed Summer Squash Hamburger Bun <i>Watermelon</i></p> <p><b>B. Baked Fish</b></p> <p><b>C. Pita Sandwich w/ Chicken, Hummus, and vegetables</b> Sliced Cucumbers</p>			



**JULY 2018**

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 Dinner 5:00 PM

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Monday	Tuesday	Wednesday	Thursday	Friday
	<b>3</b>		<b>5</b>	
	<b>A. Roast Beef w/ Gravy</b> Mashed Potatoes Carrots Wheat Bread Blueberry Crisp  <b>B. Baked Fish</b>		<b>A. American Goulash</b> Dinner Salad Cranberry Juice Wheat Bread Lemon Cake  <b>B. Baked Fish</b>	
	<b>10</b>		<b>12</b>	
	<b>A. Cheese Burger w/ Lettuce, Tomato &amp; Onion</b> Potato Wedges California Blend Hamburger Bun Fresh Fruit Cup  <b>B. Baked Fish</b>		<b>A. Parmesan Crusted Chicken</b> Garlic Mashed Potatoes Prince Edwards Vegetables Applesauce Dinner Roll Brownie  <b>B. Baked Fish</b>	
	<b>17</b>		<b>19</b>	
	<b>A. Ziti w/ Meatballs</b> Dinner Salad Italian Dressing Italian Bread Sugar Cookie  <b>B. Baked Fish</b>		<b>A. Oven Baked Fish Sandwich</b> Roasted Red Potatoes Coleslaw Wheat Bun Strawberry w/ Shortcake  <b>B. Baked Chicken Breast</b>	
	<b>24</b>		<b>26</b>	
	<b>A. Barbequed Pulled Pork On Whole Wheat Bun</b> Cole Slaw Three Bean Salad Vanilla Ice Cream w/ Warm Apples  <b>B. Baked Fish</b>		<b>A. Greek Style Chicken</b> Rice Sautéed Spinach Pineapple Juice Wheat Bread Chocolate Cupcake  <b>B. Baked Fish</b>	
	<b>31</b>			
	<b>A. BBQ Chicken Thighs</b> Potato Salad Spinach Salad w/oranges Wheat Bread Vanilla Pudding Tart  <b>B. Baked Fish</b>			

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