



Offering Choice, Independence
and Dignity

September 2016

Helderberg Senior Center Dining
1360 Helderberg Trail. Berne
Lunch 12:00 PM



For reservations call Linda at 518-872-0940 by 10:00 am the day before the meal.

Monday	Tuesday	Friday
		2
		Baked Ziti with Cheese Italian Blend Vegetables Wheat Roll Applesauce
5	6	9
CLOSED	Meatloaf with Tomato Gravy Garlic Mashed Potatoes Spinach Rye Bread <i>Birthday Cake!</i>	Baked Fish with Tomato, Mushroom, and Peppers Roasted Summer Squash Rice Wheat Roll Tapioca Pudding w/ Whipped Topping
12	13	16
BBQ Chicken Spinach Mashed Sweet Potatoes Wheat Bread Chocolate Pudding w/ Whipped Topping	Roast Pork with Gravy Mashed Potatoes Carrots Wheat Stuffing Applesauce	Meatloaf with Gravy Garlic Mashed Potatoes Beets Wheat Bread Brownie
19	20	23
Spaghetti with Meatballs Romaine Salad Wheat Bread Fruit Salad	Chicken Cacciatore Broccoli Egg Noodles Wheat Bread Mandarin Oranges	Turkey Tetrazzini with Peas Brussels Sprouts Wheat Bread Vanilla Pudding w/ Whipped Topping
26	27	30
Chicken and Vegetables with Wheat Biscuit Beets with Dill Oatmeal Cookie	Macaroni and Cheese Stewed Tomatoes California Blend Vegetables Wheat Bread Apricots	Lemon Garlic Baked Fish Baked Sweet Potato Spinach Wheat Bread Rice Pudding w/ Whipped Topping

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 substitutions.