

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