

Friendship Café

May 2022

Schenectady Jewish Community Center

2565 Balltown Road, Schenectady NY 12309
Monday, Wednesday, Friday: 10:30am-1:00pm

518-377-8803

Sponsored by Catholic Charities Senior & Caregiver Support Services


To Reserve a Meal, Call **518-377-8803**

Suggested Meal Contribution:
Participants 60 and over - \$3.50
Required Fee for Guests Under 60 - \$6.75

Food Stamps are welcome

All meals are served with 8oz 100% Orange Juice with Calcium and Vitamin D in place of 8oz Milk.

Menu Items are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Baked Omelet w/ Sautéed Veggies Baked Beans Roasted Sweet Potatoes English Muffin Fresh Orange</p>	<p>3</p>	<p>4</p> <p>CLOSED</p>	<p>5</p>	<p>6</p> <p>Meatloaf Roasted Tomatoes Mashed Sweet Potato Italian Bread Baked Dessert</p>
<p>9</p> <p>Baked Fish w/ Tomatoes, Mushrooms & Peppers Butternut Squash Long Grain Brown Rice WW Bread Apple Sauce</p>	<p>10</p>	<p>11</p> <p>CLOSED</p>	<p>12</p>	<p>13</p> <p>Chili with Beef and Beans Carrots Cranberry Juice Corn Bread Pears</p>
<p>16</p> <p>Lemon and Herb Crusted Fish Fillet Three Bean Salad Roasted Sweet Potatoes Rye Bread Baked Dessert</p>	<p>17</p>	<p>18</p> <p>Baked Fish w/ Teriyaki Glaze Butternut Squash Brown Rice WW Bread Pears</p>	<p>19</p>	<p>20</p> <p>Black Bean Burger on Crusty Bun Roasted Tomatoes Sweet Potato Fries Apple Sauce</p>
<p>23</p> <p>Tuna Noodle Casserole Tomato, Chickpea & Cucumber Salad Mixed Vegetables WW Bread Mandarin Oranges</p>	<p>24</p>	<p>25</p> <p>Spaghetti and Meatballs Carrots WW Bread Frozen Dessert</p>	<p>26</p>	<p>27</p> <p>Egg Salad Sandwich on Whole Wheat Bread w/ Tomato Slices Three Bean Salad Mixed Vegetables Baked Dessert</p>
<p>30</p> <p>CLOSED MEMORIAL DAY</p> 	<p>31</p>	<p>01.Jun</p> <p>Baked Fish w/ Vegetable Kabob Baked Sweet Potato Long Grain Brown Rice Pears</p>	<p>02.Jun</p>	<p>3-Jun</p> <p>Beef Burger on WW Bread Sliced Tomato / Green Beans Baked Beans Sweet Potato Fries Mandarin Oranges</p>

The Senior Nutrition and Transportation Program is operated by Catholic Charities Senior & Caregiver Support Services under contract with the Schenectady County Office for the Aging. The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County, and contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation, or sexual orientation.