

Friendship Café

Bishop Scully Hall

1735 Alexander Road. PO Box 219

Delanson, NY 12053

Monday, Wednesday, Friday: 10:30am-1:00pm

518-275-7601

Sponsored by Catholic Charities Senior & Caregiver Support Services

November 2021

To Reserve a Meal, Call **518-275-7601**

Suggested Meal Contribution:


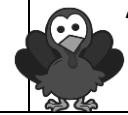
Participants 60 and over - \$3.50

Required Fee for Guests Under 60 - \$6.75

Food Stamps are welcome

Menu items are subject to change.

1% milk served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Stir Fry over Brown Rice Asian Vegetables w/ Cranberry Juice Blend Brown Rice WW Bread Banana</p>	<p>2</p>	<p>3</p> <p>Cottage Cheese Plate w/ Hard Boiled Egg and Crackers Salad w/ Mandarin Oranges & Pineapple Carrot Raisin Salad Fresh Fruit</p>	<p>4</p>	<p>5</p> <p>Baked Ham Scalloped Potatoes Butternut Squash Corn Bread Strawberries w/Topping</p>
<p>8</p> <p>Herb Crusted Fish Fillet Broccoli Mashed Sweet Potatoes Raspberries WW Bread Brownie</p>	<p>9</p>	<p>10</p> <p>Macaroni and Cheese Broccoli Salad w/Carrots & Tomatoes Whole Wheat Bread Fresh Fruit</p>	<p>11</p> <p>VETERANS DAY</p>	<p>12</p> <p>Baked Breaded Chicken w/ Honey Mustard Mixed Vegetables Baked Potato WW Bread Mandarin Oranges</p>
<p>15</p> <p>Chili Spinach Cranberry Juice Blend Corn Bread Fruit Cocktail</p>	<p>16</p>	<p>17</p> <p>Chicken Sausage Peppers and Onions on WW Hamburger Bun Cauliflower Sweet Potato Fries Apple Crisp</p>	<p>18</p> 	<p>19</p> <p>THANKSGIVING MEAL Roast Turkey w/ Gravy Mashed Sweet potatoes Green bean Casserole Stuffing/Cranberry Sauce Pumpkin Pie</p>
<p>22</p> <p>Egg, Cheese, & Veggie Bake OJ Sweet Potato Tots English Muffin Blueberry Muffin</p>	<p>23</p>	<p>24</p> <p>Italian Baked Chicken Mashed Sweet Potatoes Peas Applesauce WW Bread Peaches and Cream</p>	<p>25</p>  <p>THANKSGIVING</p>	<p>26</p> <p>CLOSED OBSERVANCE OF THANKSGIVING</p>
<p>29</p> <p>Tuna Casserole Brussel Sprouts Carrots WW Bread Fruit Cocktail</p>	<p>30</p>	<p>1</p> <p>Chicken Taco Salad Broccoli Whole Grain Tortilla Chips Frozen Yogurt</p>	<p>2</p>	<p>3</p> <p>Pizza w/ Turkey Pepperoni Salad w/ Carrots and Tomato OJ Fresh Fruit</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.