



# 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

# October 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
		Cottage Cheese Plate w/ Hard Boiled Egg and Crackers Salad w/ Mandarin Oranges & Pineapple Carrot Raisin Salad Frozen Yogurt		Pizza w/ Turkey Pepperoni Salad w/ Carrots and Tomato OJ Fresh Fruit
Macaroni and Cheese Broccoli Salad w/Carrots & Tomatoes Whole Wheat Bread Fresh Fruit		Chicken Sausage w/ Peppers & Onions on Whole Wheat Bun Roasted Red Potatoes Broccoli Cookie		Meatloaf Broccoli Garlic Mashed Potatoes WW Roll Pineapple
<b>CLOSED COLUMBUS DAY</b>		Lemon & Herb Crusted Fish Baked French Fries Spinach Whole Wheat Bread Frozen Raspberries		Chicken Stir Fry over Brown Rice Asian Vegetables w/ Broccoli & Carrots Whole Wheat Bread Tropical Fruit Ambrosia
Egg, Cheese, & Veggie Bake OJ Sweet Potato Tots English Muffin Blueberry Muffin		Italian Baked Chicken Mashed Sweet Potatoes Peas Applesauce WW Bread Peaches and Cream		Spanish Rice with Beef, Peppers, Tomato and Beans California Blend Brown Rice WW Bread Pears
Tuna Cassarole Brussel Sprouts Carrots WW Bread Fruit Cocktail		Chicken Taco Salad Broccoli Whole Grain Tortilla Chips Frozen Yogurt		Spaghetti and Meat Sauce Iceburg Salad Garlic Bread Peaches

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.