



Friendship Café

Schenectady Jewish Community Center

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

518-377-8803

December 2021

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.

Sponsored by Catholic Charities Senior & Caregiver Support Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Honey Mustard Chicken Roasted Potato/Sweet Potato Salad Pickled Beets WW Bread Tropical Fruit	2	3 Sloppy Joes on a WW Bun Sweet Potato Fries Peas Mandarin Oranges
6 Baked Fish w/ Tomatoes, Mushrooms & Peppers Potato Latkes Long Grain Brown Rice WW Bread Apple Sauce	7	8 Baked Chicken w/ Gravy Garlic Mashed Potatoes Butternut Squash WW Roll Mandarin Oranges	9	10 Chili with Beef and Beans Carrots Cranberry Juice Corn Bread Pears
13 Lemon and Herb Crusted Fish Fillet Three Bean Salad Roasted Sweet Potatoes Rye Bread Frozen Dessert	14	15 Breaded Baked Chicken Fillet BBQ Sauce Carrot Raisin Salad Mash Potatoes / Peas WW Bread Apple Sauce	16 	17 Holiday Brunch Baked Omelet w/ Sautéed Veggies Vegetarian Baked Beans Roasted Sweet Potatoes English Muffin Fresh Orange
20 Baked Fish w/ Teriyaki Glaze Butternut Squash Brown Rice WW Bread Apple	21	22 Apricot Chicken Peas Carrots Rice Pilaf WW Bread Frozen Dessert	23	24  CLOSED CHRISTMAS EVE
27 Tuna Casserole Tomato, Chickpea & Cucumber Salad Mixed Vegetables WW Bread Pears	28	29 Chicken & Vegetable Kabob Baked Sweet Potato Long Grain Brown Rice Mandarin Oranges	30	31 New Years Eve Meatloaf Roasted Tomatoes Mashed Sweet Potato Italian Bread Baked Dessert

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.