



Friendship Café

January 2022

Schenectady Jewish Community Center

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

518-377-8803

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 |
|---|--------------|---|--------------|--|
| 3 CLOSED New Years Observed  | 4 | 5 Breaded Fish on WW Bread w/ Tomato Slices Mashed Sweet Potatoes Broccoli Frozen Dessert | 6 | 7 Spaghetti and Meatballs Mixed Vegetables Italian Bread Mandarin Oranges |
| 10 Tuna Casserole Tomato, Chick Pea & Cucumber Salad Mixed Vegetables WW Bread Pears | 11 | 12 Roast Chicken W/Gravy Garlic Mashed Potatoes Butternut Squash Orange Juice Wheat Roll Baked Dessert | 13 | 14 Chili with Beef and Beans Carrots Cranberry Juice Corn Bread Mandarin Oranges |
| 17 CLOSED Martin Luther King Jr. Day  | 14 | 18 Tarragon Tomato Baked Fish Baked Potato Green Beans Italian Bread Pears | 19 | 20 Beef Burger on WW Bread Sliced tomato / Green beans Baked Beans Sweet potato Fries Tropical Fruit |
| 24 Lemon and Herb Crusted Fish Fillet Three Bean Salad Roasted Sweet Potatoes Rye Bread Mandarin Oranges | 25 | 26 Chicken Primavera Carrots Long Grain Brown Rice WW Bread Frozen Dessert | 27 | 28 Sloppy Joes Sweet Potato Fries Green Beans Tropical Fruit |
| 31 Baked Omelet w/ Sautéed Veggies Vegetarian Beans Roasted Sweet Potatoes English Muffin Fresh Orange | 1-Feb | 2-Feb Honey Mustard Chicken Roasted Potato/Sweet Potato Salad Pickled Beets WW Bread Tropical Fruit | 3-Feb | 4-Feb Breaded Fish on WW Bread w/ Tomato Slices Mashed Sweet Potatoes Broccoli Frozen 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.