



Friendship Café

Schenectady Jewish Community Center

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

518-377-8803

November 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 Tarragon Tomato Baked Fish Baked Potato Green Beans Italian Bread Pineapple	2	3 Apricot Chicken Peas Carrots Rice Pilaf WW Bread Pears	4	5 Meatloaf Roasted Tomatoes Mashed Sweet Potato Italian Bread Apple Sauce
8 Baked Fish W/Tomatoes, Mushrooms & Peppers Roasted Carrots Long Grain Brown Rice WW Bread / Mandarin Oranges	9	10 Chicken & Vegetable Kabob Baked Sweet Potato Long Grain Brown Rice Pineapple	11	12 Chili with Beef and Beans Carrots Cranberry Juice Corn Bread Pears
15 Baked Fish w/ Teriyaki Glaze Butternut Squash Brown Rice WW Bread Mandarin Oranges	16	17 Breaded Baked Chicken Fillet BBQ Sauce Three Bean Salad Sweet Potato Fries WW Bread Apple Sauce	18	19 Beef Burger on WW Bun Sliced Tomato / Green Beans Baked Beans Sweet Potato Fries Frozen Dessert
22 Tuna Casserole Tomato, Chickpea & Cucumber Salad Mixed Vegetables WW Bread Frozen Dessert	23	24 THANKSGIVING MEAL Baked Chicken w/ Gravy Garlic Mashed Potatoes Butternut Squash Green Beans Cranberry Sauce / WW Roll Frozen Dessert	25 THANKSGIVING	26 CLOSED OBSERVANCE OF THANKSGIVING
29 Lemon and Herb Crusted Fish Fillet Three Bean Salad Roasted Sweet Potatoes Rye Bread Mandarin Oranges	30	1 Honey Mustard Chicken Roasted Potato/Sweet Potato Salad Pickled Beets WW Bread Tropical Fruit	2	3 Sloppy Joes Sweet Potato Fries Peas Hamburger Roll Mandarin Oranges

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.