



Friendship Café

Schenectady Jewish Community Center

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

518-377-8803

October 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 Chicken & Vegetable Kabob Baked Sweet Potato Orange Juice Long Grain Brown Rice Frozen Dessert
4 Tarragon Tomato Baked Fish Baked Potato Green Beans Italian Bread Fresh Fruit	5	6 Apricot Chicken Peas Carrots Rice Pilaf WW Bread Applesauce	7	8 Breaded Baked Chicken Fillet BBQ Sauce Three Bean Salad Sweet Potato Fries Rye Bread Orange
11 CLOSED COLUMBUS DAY	12	13 Baked Fish W/Tomatoes, Mushrooms & Peppers Roasted Carrots Long Grain Brown Rice WW Bread / Fresh Fruit	14	15 Beef Burger on WW Bun Sliced tomato / Green beans Baked Beans Sweet potato Fries Mandarin Oranges
18 Lemon and Herb Crusted Fish Fillet Three Bean Salad Roasted Sweet Potatoes Rye Bread Mandarin Oranges	19	20 Baked Chicken with Gravy Garlic Mashed Potatoes Butternut Squash WW Bread Frozen Dessert	21	22 Chili with Beef and Beans Carrots Corn Bread Long Grain Brown Rice Banana
25 Tuna Casserole Tomato, Chickpea & Cucumber Salad Mixed Vegetables WW Bread Fresh Fruit	26	27 Honey Mustard Chicken Roasted Potato/Sweet Potato Salad Pickled Beets WW Bread Tropical Fruit	28	29 Chicken & Vegetable Kabob Baked Sweet Potato OJ Long Grain Brown Rice 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.