



# Friendship Café

## Glenville Senior Center

32 Worden Road, Glenville, NY 12302  
 Monday thru Friday: 11:00am-1:30pm  
 Lunch is served at 12pm, noon

**518-393-1946**

Sponsored by Catholic Charities Senior & Caregiver Support Services

### February 2023

To Reserve a Meal, Call **518-393-1946**

**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.

2% milk, bread and fruit served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<i>Daniel RDN 1/20/23</i>		Beef Goulash Corn Mandarin Oranges	Pork Ribette Mashed Potatoes Carrots/Brussel Sprouts Peaches	Cheese Ravioli with Marinara Sauce Zucchini Pineapple
6	7	8	9	10
Salisbury Steak w/ Gravy Sweet Potatoes Green Beans Fruit Cocktail	Beef Goulash Broccoli Mandarin Oranges	BBQ Chicken Garlic Mashed Potatoes Brussel Sprouts Applesauce	Roast Beef w/ Gravy Mashed Potatoes Broccoli Sliced Pears	Pasta with/ Meatballs Corn/Spinach Pineapple
13	14	15	16	17
Chicken Marsala Mashed Sweet Potatoes Yellow Squash Tropical Fruit Salad	Lemon Dill Cod Parsley Potatoes Rice/Carrots Mandarin Oranges	Chicken Piccata Penne Pasta Broccoli/Waxed Beans Applesauce	Salisbury Steak w/ Gravy Mashed Potatoes Peas Tropical Fruit	Apple Ginger Pork Roasted Potatoes Broccoli Mandarin Oranges
20	21	22	23	24
CLOSED HOLIDAY	Chicken Cacciatore Zucchini Sliced Peaches	Yankee Pot Roast Mashed Potatoes Broccoli Applesauce	Chicken Cordon Bleu Casserole Corn Tropical Fruit	Baked Cod Sweet Potatoes Spinach Sliced Peaches
27	28	1-Mar	2-Mar	3-Mar
Turkey Tetrazzini Butternut Squash Broccoli Sliced Peaches	Herb Baked Chicken Rice/ Sweet Potatoes French Green Beans Tropical Fruit Salad	Beef Goulash Corn Mandarin Oranges	Pork Ribette Mashed Potatoes Carrots/Brussel Sprouts Peaches	Cheese Ravioli with Marinara Sauce Zucchini Pineapple

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.