



Friendship Café

February 2023

Schenectady Jewish Community Center

2565 Balltown Road, Schenectady, NY 12309

Monday thru Friday: 11:00am-1:30pm

Lunch is served at 12pm, noon

518-377-8803

Sponsored by Catholic Charities Senior & Caregiver Support Services

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

Menu items are subject to change.
All meals are served with Orange Juice,
Bread and Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Duh Lil RDN 1/20/23</i></p>		<p>1 Spaghetti w/ Meat Sauce Brussel Sprouts Peaches</p>		<p>3 Apricot Chicken Stewed Tomatoes Brussel Sprouts Roasted Sweet Potatoes Lady Stella Cookies</p>
<p>6 Baked Fish w/ Tomatoes, Peppers & Mushrooms Classic No-Mayo Coleslaw Golden Mashed Potatoes Oranges</p>		<p>8 Chili w/ Beef and Beans Green Beans Roasted Sweet Potatoes Tortilla Chips Cinnamon Applesauce</p>		<p>10 Chicken Parmesan Spinach/Steamed Corn Whole Wheat Pasta Pineapple</p>
<p>13 Baked Omelet w/ Veggies Roasted Potatoes Peas/Zucchini Whole wheat English Muffin Luigi's Italian Ice</p>		<p>15 Turkey Spinach Meatloaf Carrots/Broccoli Egg Noodles Banana</p>		<p>17 Sloppy Joes on a Wheat Bun California Blend Veggies Corn/Peas Tropical Fruit</p>
<p>20 CLOSED Holiday Observed</p>		<p>22 Baked Honey Mustard Chicken Roasted Carrots Broccoli Mashed Sweet Potatoes Cinnamon Applesauce</p>		<p>24 Stuffed Peppers Tomato, Chick Pea & Cuke Salad Brown Rice Sliced Peaches</p>
<p>27 Tarragon Tomato Fish Peas/Cauliflower Garden Vegetable Rice Rye Bread Stella D'Oro Chocolate Cookies</p>		<p>1-Mar Meatloaf Green Beans/ Carrots Garlic Mashed Potatoes Mandarin Oranges</p>		<p>3-Mar Sheet Pan Chicken Fajitas Corn/Black Bean Salad Roasted Sweet Potatoes Pineapple</p>