



# Friendship Café

Ten Eyck

375 Broadway, Schenectady, 12305  
Monday thru Friday: 11:00am-1:30pm

Lunch is served at 12pm, noon

**518-859-7504**

Sponsored by Catholic Charities Senior & Caregiver Support Services

## February 2023

To Reserve a Meal, Call **518-859-7504**

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