



Friendship Café

March 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>Dr. [unclear] RDN 2/22/23</i></p> | | <p>¹ Baked Honey Mustard Chicken Roasted Carrots Broccoli Mashed Sweet Potatoes Cinnamon Applesauce</p> | | <p>³ Vegetarian Chili California Veggie Blend Brown Rice & Tortilla Chips Peaches</p> |
| <p>⁶ Italian Baked Chicken Green Beans Carrots Garlic Mashed Potatoes Italian Ice</p> | | <p>⁸ Tarragon Tomato Fish Peas and Cauliflower Garden Veggie Rice Mandarin Oranges</p> | | <p>¹⁰ Chicken Fajitas Corn & Black Bean Salad Roasted Sweet Potatoes Pineapple</p> |
| <p>¹³ Lemon Herb Baked Fish Three Bean Salad Spinach Roasted Sweet Potatoes Peaches</p> | | <p>¹⁵ Chicken Stir-Fry Rainbow Honey Rice Oranges</p> | | <p>¹⁷ Stuffed Zucchini Boats Tomato & Chick Pea Salad Chocolate Cookies</p> |
| <p>²⁰ Tuan Salad in Pita Pasta Salad Roasted Sweet Potatoes Cinnamon Applesauce</p> | | <p>²² Spaghetti & Meal Sauce Spinach Grapes</p> | | <p>²⁴ Apricot Chicken Stewed Tomatoes Brussel Sprouts Roasted Sweet Potatoes Cookies</p> |
| <p>²⁷ Baked Fish w/ Veggies No-Mayo Coleslaw Mashed Potatoes Oranges</p> | | <p>²⁹ Egg Salad Sandwich Three Bean Salad Roasted Potatoes Italian Ice</p> | | <p>³¹ Turkey Spinach Meatloaf Carrots & Broccoli Egg Noodles Cinnamon Applesauce</p> |