



# Friendship Café

## March 2023

### 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

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.

1% milk, bread and fruit served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<i>John Lind, RDN 2/22/23</i>		Salisbury Steak w/ Gravy Mashed Potatoes Corn Applesauce	Turkey Pasta Primavera Carrots Peanut Butter Cookies	Cheese Ravioli w/ Sauce Zucchini Pineapple
6	7	8	9	10
Herb Baked Chicken White Rice & Broccoli Fruit Cocktail	Salisbury Steak w/ Gravy Sweet Potatoes Yellow Squash Sugar Cookies	BBQ Chicken Garlic Mashed Potatoes Brussel Sprouts Oatmeal Raisin Cookies	Pasta w/ Meatballs Spinach Applesauce	Roast Beef w/ Gravy Mashed Potatoes Broccoli Pineapple
13	14	15	16	17
Chicken Marsala Sweet Potatoes/ Yellow Squash Chocolate Chip Cookie	Beef Goulash Carrots Mandarin Oranges	Chicken Piccata w/ Pasta Broccoli Applesauce	Salisbury Steak w/ Gravy Mashed Potatoes & Peas Tropical Fruit	Apple Ginger Pork Roasted Potatoes & Broccoli Vanilla Pudding
20	21	22	23	24
Glazed Ham Sweet Potatoes & Broccoli Vanilla Wafers	Chicken Cacciatore Zucchini Peaches	Yankee Pot Roast w/ Gravy Mashed Potatoes & Broccoli Tapioca Pudding	Chicken Cordon Blue Casserole Corn Tropical Fruit	Mac & Cheese Stewed Tomatoes Sliced Pears
27	28	29	30	31
Swedish Meatballs w/ Egg Noodles Broccoli Peaches	Herb Baked Chicken White Rice & Green Beans Banana Pudding	Salisbury Steak w/ Gravy Mashed Potatoes Corn Applesauce	Turkey Pasta Primavera Carrots Peanut Butter Cookies	Cheese Ravioli w/ 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.