<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Tuna Noodle Casserole  
Mixed Vegetables  
Tomato, Chickpea & Cucumber Salad | Meatloaf  
Roasted Tomatoes  
Mashed Sweet Potatoes | Chicken Stir Fry  
Mixed Veggies  
Long Grain Brown Rice |
| Veggie Burgers on WW Bun  
Mixed Veggies  
Baked Beans  
Sweet Potatoes Fries | Lemon & Herb Fish  
Three Bean Salad  
Roasted Sweet Potatoes | Chili with Beef & Beans  
Carrots  
Corn Bread |
| Baked Fish with Teriyaki Glaze  
Mixed Veggies  
Long Grain Brown Rice | Tuna Fish Sandwich  
Cucumber Salad  
Sweet Potatoes Fries | Beef and Bean Burrito  
Mixed Veggies  
Long Grain Brown Rice |
| Baked Omelet w/ Veggies  
Roasted Sweet Potatoes  
English Muffins | Chicken Parmesan  
Green Beans  
Pasta | Breaded Fish on WW Bun  
Vege Pasta Salad  
Sliced Seasoned Cucumbers |
| Hot Dogs on Bun  
Sweet Potato Fries  
Baked Beans | Spaghetti and Meatballs  
Mixed Veggies | Baked Fish with Salsa  
Mixed Veggies  
Long Grain Brown Rice |

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

Sponsored by Catholic Charities Senior & Caregiver Support Services  

August 2022  
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  

Date: 7/1/22