



Friendship Café

August 2022

Schenectady Jewish Community Center

2565 Balltown Road, Schenectady, NY 12309

Monday thru Friday: 11:30am-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
1 Tuna Noodle Casserole Mixed Vegetables Tomato, Chichpea & Cucumber Salad	2	3 Meatloaf Roasted Tomatoes Mashed Sweet Potatoes	4	5 Chicken Stir Fry Mixed Veggies Long Grain Brown Rice
8 Veggie Burgers on WW Bun Mixed Veggies Baked Beans Sweet Potatoes Fries	9	10 Lemon & Herb Fish Three Bean Salad Roasted Sweet Potatoes	11	12 Chili with Beef & Beans Carrots Corn Bread
15 Baked Fish with Teriyaki Glaze Mixed Veggies Long Grain Brown Rice	16	17 Tuna Fish Sandwich Cucumber Salad Sweet Potatoes Fries	18	19 Beef and Bean Burrito Mixed Veggies Long Grain Brown Rice
22 Baked Omelet w/ Veggies Roasted Sweet Potatoes English Muffins	23	24 Chicken Parnesan Green Beans Pasta	25	26 Breaded Fish on WW Bun Veggie Pasta Salad Sliced Seasoned Cucumbers
29 Hot Dogs on Bun Sweet Potato Fries Baked Beans	30	31 Spaghetti and Meatballs Mixed Veggies	Sept 1st	Sept. 2nd Baked Fish with Salsa Mixed Veggies Long Grain Brown Rice

Dale Whit RS 7/7/22