



# Friendship Café

## August 2022

### Ten Eyck

375 Broadway, Schenectady, NY 12305  
 Monday thru Friday: 11:30am-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.

2% milk, bread and fruit served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Marsala Mashed Sweet Potatoes Yellow Squash	2 Lemon Dill Cod Parsley Potatoes Rice and Carrots	3 Chicken Piccata Penne Pasta Broccoli Waxed Beans	4 Salisbury Steak w/ Gravy Mashed Potatoes Peas	5 Apple Ginger Pork Roasted Potatoes Broccoli
8 Glazed Ham Whipped Sweet Potatoes Broccoli	9 Chicken Cacciatore Rotini Pasta Zucchini	10 Yankee Pot Roast Mashed Potatoes Broccoli	11 Chicken Cordon Blue Casserole Corn	12 Baked Cod Sweet Potatoes Spinach
15 Turkey Tetrazzini Butternut Squash Broccoli	16 Herb Baked Chicken White Rice w/ Green beans Baked Sweet Potatoes	17 Beef Goulash Corn	18 Pork Ribbette Mashed Potatoes Carrots and Brussel Sprouts	19 Cheese Ravioli Zucchini
22 Salisbury Steak Sweet Potatoes Squash	23 Beef Goulash Broccoli	24 BBQ Chicken Garlic Mashed Potatoes Brussel Sprouts Apple Sauce	25 Roast Beef w/ Gravy Mashed Potatoes Broccoli	26 Pasta w/ Meatballs Corn and Spinach
29 Chicken Marsala Mashed Sweet Potatoes Yellow Squash	30 Lemon Dill Cod Parsley Potatoes Rice and Carrots	31 Chicken Piccata Penne Pasta Broccoli Waxed Beans	Sept 1st Salisbury Steak w/ Gravy Mashed Potatoes Peas	Sept. 2nd Apple Ginger Pork Roasted Potatoes Broccoli

*Doherty, RD 7/1/22*