

# Friendship Café

## Ten Eyck

375 Broadway Schenectady, NY 12305

Monday thru Friday: 10:30am-1:00pm

Lunch is served at 12pm, noon

**518-859-7504**

Sponsored by Catholic Charities Senior & Caregiver Support Services

# December 2021

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 served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pot Roast w/ Carrots and Potatoes WW Bread Fresh Oranges Fruited Jell-O	2 Breaded Baked Fish Tri-Color Parsley Rotini French Style Green Beans WW Bread Tropical Fruit Salad Chocolate Pudding w/ Topping	3 Oven Fried Breaded Chicken Oven Roasted Potato Wedges Corn Carrots Mandarin Orange
6 Salisbury Steak Boiled Potatoes Cape Cod Blend OJ WW Roll Pudding	7 Vegetable Lasagna Garlic Bread Garden Salad OJ Pineapple	8 Chicken Pot Pie (biscuit topping) Broccoli WW Roll Apricots	9 Macaroni & Cheese Stewed Tomatoes Tropical Fruit Salad WW Roll Fruit Pie	10 Roasted Pork over bed of Sauerkraut Roasted Red Potatoes Broccoli Banana
13 Spinach, Ham, and Onion Quiche Sliced Carrots Corn Bread Fresh Orange Brownie Cream Pie	14 Goulash Capri Vegetables Italian Bread Fruit Pie	15 <b>CLOSED SECTION 8 ORIENTATION</b>	16 Spaghetti & Meatballs Garlic Bread Italian Green Beans Strawberries w/ Topping	17 Harbor Fish Egg Noodles Broccoli Mandarin Oranges
20 Baked Ham Scalloped Potatoes Baked Beans Cauliflower WW Roll	21  <b>HOLIDAY MEAL</b>	22 Chicken & Biscuit Garden Blend Vegetable Tropical Fruit	23 Meatloaf Mashed Potatoes Spinach WW Bread Devils Food Cake OJ	24  <b>CLOSED CHRISTMAS EVE</b>
27 Stuffed Cabbage California Blend Vegetables WW Bread Mandarin Oranges Brownie	28 Breaded Pork Chop Mashed Potatoes WW Bread Mixed Vegetables Peaches	29 Chicken Cacciatore Whole Bean Blend WW Roll Orange	30 Spaghetti & Meatballs Pease and Carrots Garlic Bread Strawberries w/ Topping	31 <b>New Years Eve</b> Baked Lightly Breaded Tilapia Rice Pilaf Root Vegetables WW Bread Tropical Fruit Butterscotch Pudding w/ Topping

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.