



Friendship Café

January 2022

Ten Eyck

375 Broadway Schenectady, NY 12305

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

Lunch is served at 12pm, noon

518-859-7504

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

Sponsored by Catholic Charities Senior & Caregiver Support Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>CLOSED New Years Observed</p> 	<p>Honey Ginger Chicken Thighs Rice Pilaf Asian Vegetable Blend WW Roll Pears</p>	<p>Pot Roast w/ Carrots and Potatoes WW Bread Fresh Oranges Fruited Jell-O</p>	<p>Breaded Baked Fish Tri-Color Parsley Rotini French Style Green Beans WW Bread Tropical Fruit Salad Chocolate Pudding w/ Topping</p>	<p>Oven Fried Breaded Chicken Oven Roasted Potato Wedges Corn Carrots Mandarin Oranges</p>
10	11	12	13	14
<p>Salisbury Steak Boiled Potatoes Cape Cod Blend OJ WW Roll Pudding</p>	<p>Vegetable Lasagna Garlic Bread Garden Salad OJ Pineapple</p>	<p>Chicken Pot Pie (biscuit topping) Broccoli WW Roll Apricots</p>	<p>Macaroni & Cheese Stewed Tomatoes Tropical Fruit Salad WW Roll Fruit Pie</p>	<p>Roasted Pork over Bed of Sauerkraut Roasted Red Potatoes Broccoli Bananas</p>
17	18	19	20	21
<p>CLOSED Martin Luther King Jr. Day</p> 	<p>Goulash Capri Vegetables Italian Bread Fruit Pie</p>	<p>CLOSED SECTION 8 MEETING</p>	<p>Spaghetti & Meatballs Garlic Bread Italian Green Beans Strawberries w/ Topping</p>	<p>Harbor Fish Egg Noodles Broccoli Mandarin Oranges</p>
24	25	26	27	28
<p>Baked Ham Scalloped Potatoes Baked Beans Cauliflower WW Roll Cream Pie</p>	<p>Meat Lasagna Italian Green Beans Bread Sticks Pineapple</p>	<p>Chicken & Biscuit Garden Blend Vegetable Tropical Fruit</p>	<p>Meatloaf Mashed Potatoes Spinach WW Bread OJ Devils Food Cake</p>	<p>Sweet n Sour Chicken over White Rice Peas & Carrots WW Bread Pears</p>
31	Feb. 1	Feb. 2	Feb. 3	Feb. 4
<p>Stuffed Cabbage California Blend Vegetables Wheat Bread Mandarin Oranges Brownie</p>	<p>Breaded Pork Chop Mashed Potatoes Mixed Vegetables WW Bread Peaches</p>	<p>Chicken Cacciatore Whole Bean Blend WW Roll Orange</p>	<p>Spaghetti & Meatballs Peas and Carrots Garlic Bread Strawberries w/ Topping</p>	<p>Baked Lightly Breaded Tilapia Rice Pilaf Root Vegetables Tropical Fruit WW Bread Butterscotch Pudding w/ Topping</p>

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.