



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

October 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 Roasted Pork over bed of Saurkraut Roasted Red Potatoes Broccoli Banana
4 Spinach, Ham, and Onion Quiche Sliced Carrots Corn Bread Fresh Orange Brownie	5 Goulash Capri Vegetables Italian Bread Fruit Pie	6 BBQ Beef Mashed Potatoes Peas and Carrots Applesauce Chocolate Pudding WW Roll	7 Spaghetti & Meatballs Garlic Bread Italian Green Beans Strawberries w/ Topping	8 Harbour Fish Egg Noodles Broccoli Mandarin Oranges
11 CLOSED COLUMBUS DAY	12 Meat Lasagna Italian Green Beans Bread Sticks Pineapple	13 Chicken & Biscuit Garden Blend Vegetable Tropical Fruit	14 Meatloaf Mashed Potatoes Spinach WW Bread OJ Devils Food Cake	15 Sweet n Sour Chicken over White Rice Peas & Carrots WW Bread Pears
18 Stuffed Cabbage California Blend Vegetables WW Bread Mandarin Oranges Brownie	19 Breaded Pork Chop Mashed Potatoes WW Bread Mixed Vegetables Peaches	20 Chicken Cacciatore Whole Bean Blend WW Roll Orange	21 Spaghetti and Meatballs Peas & Carrots Garlic Bread Strawberries w/ Topping	22 Baked Lightly Breaded Tilapia Rice Pilaf Root Vegetables WW Bread Tropical Fruit
25 Beef Stew over Biscuit Green Beans OJ WW Roll Fruit Pie	26 Honey Ginger Chicken Thighs Rice Pilaf Asian Vegetable Blend WW Roll Pears	27 Pot Roast w/ Carrots and Potatoes WW Bread Fresh Oranges Fruited Jello	28 Breaded Baked Fish Tri-Color Parsley Rotini French Style Green Beans WW Bread Tropical Fruit Salad Chocolate Pudding w/ Topping	29 Oven Fried Breaded Chicken Oven Roasted Potato Wedges Corn Carrots Mandarin Orange

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.