



Friendship Café

September 2021

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
		1 BBQ Beef Mashed Potatoes Peas and Carrots Applesauce Chocolate Pudding WW Roll	2 Spaghetti & Meatballs Garlic Bread Italian Green Beans Strawberries w/ Topping	3 Harbour Fish Egg Noodles Broccoli Mandarin Oranges
6 CLOSED LABOR DAY	7 Meat Lasagna Italian Green Beans Bread Sticks Pineapple	8 Chicken & Biscuit Garden Blend Vegetable Tropical Fruit	9 Meatloaf Mashed Potatoes Spinach WW Bread OJ Devils Food Cake	10 Sweet n Sour Chicken over White Rice Peas & Carrots WW Bread Pears
13 Stuffed Cabbage California Blend Vegetables WW Bread Mandarin Oranges Brownie	14 Breaded Pork Chop Mashed Potatoes WW Bread Mixed Vegetables Peaches	15 Chicken Cacciatore Whole Bean Blend WW Roll Orange	16 Spaghetti and Meatballs Peas & Carrots Garlic Bread Strawberries w/ Topping	17 Baked Lightly Breaded Tilapia Rice Pilaf Root Vegetables WW Bread Tropical Fruit
20 Beef Stew over Biscuit Green Beans OJ WW Roll Fruit Pie	21 Honey Ginger Chicken Thighs Rice Pilaf Asian Vegetable Blend WW Roll Pears	22 Pot Roast w/ Carrots and Potatoes WW Bread Fresh Oranges Fruited Jello	23 Breaded Baked Fish Tri-Color Parsley Rotini French Style Green Beans WW Bread Tropical Fruit Salad Chocolate Pudding w/ Topping	24 Oven Fried Breaded Chicken Oven Roasted Potato Wedges Corn Carrots Mandarin Orange
27 Salisbury Steak Boiled Potatoes Cape Cod Blend WW Roll OJ Pudding	28 Vegetable Lasagna Garlic Bread Garden Salad OJ Pineapple	29 Chicken Pot Pie (biscuit topping) Broccoli WW Roll Apricots	30 Macaroni & Cheese Stewed Tomatoes Tropical Fruit Salad WW Roll Fruit Pie	1- Oct Roasted Pork over Bed of Saurkraut Roasted Red Potatoes Broccoli Banana

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.