



## Friendship Café

### Jewish Community Center

2565 Balltown Road, Schenectady NY 12309

Monday, Wednesday, Friday: 10:00am-1:00pm  
518-377-8803

**February 2021**

**For Meal and/or Transportation**  
Reservations, call 518-377-8803

**Suggested Meal Contribution:**  
Participants 60 and over - \$3.50

**Required Fee for Guests Under 60** - \$6.75  
Food Stamps are welcome

**Suggested Transportation**  
Contribution \$1.25 Each way

Menu items are subject to change

1% milk served daily

Sponsored by: Catholic Charities Senior & Caregiver Support Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 6</b>				
1 Chicken Stir Fry Mashed Butternut Squash Long Grain Brown Rice WW Bread Applesauce w/ Cinnamon	2	3 Baked Omelet w/ Sauteed Vegetables Vegetarian Beans Roasted Sweet Potatoes English Muffin Fresh Orange	4	5 Baked Breaded Fish Fillet Chicpea Salad Peas and Carrots Orzo Rye Bread Frozen Dairy Dessert
<b>Week 1</b>				
8 Meatloaf Roasted Tomatoes Mashed Sweet Potato Corn Bread Banana	9	10 Apricot Chicken Garlic Mashed Potatoes Carrots / Rice Pilaf WW Bread Applesauce w/ Cinnamon	11	12 Tarragon Tomato Baked Fish Small Baked Potato Green Beans Cranberry Juice Blend Italian Bread Peaches
<b>Week 2</b>				
15 <i>President's Day</i>	16	17 Roast Chicken w/ Gravy Garlic Mashed Potatoes Butternut Squash Orange Juice WW Roll Fruit Cocktail	18	19 Lemon & Herb Crusted Fish Fillet Three Bean Salad Roasted Sweet Potatoes (2) Rye Bread Citrus Sections
<b>Week 3</b>				
22 Chili w/ Beef & Beans Carrots Cranberry Juice Blend Cornbread Frozen Non-Dairy Dessert	23	24 Tuna Noodle Casserole w/ Mixed Vegetables Tomato, Chicpea & Cucumber Salad WW Bread Mandarin Oranges	25	26 Baked Breaded Chicken Filet w/ Honey Mustard Carrot Raisin Salad Mashed Potatoes / Peas WW Bread Tropical Fruit

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.