



Friendship Café

Jewish Community Center

2565 Balltown Road, Schenectady NY 12309

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

March 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
Week 4				
1 Spaghetti w/ Meat Sauce Mixed Vegetables Italian Bread Tropical Fruit	2	3 Roast Chicken w/ Gravy Garlic Mashed Potatoes Butternut Squash Orange Juice WW Roll Fruit Cocktail	4	5 Lemon & Herb Crusted Fish Fillet Three Bean Salad Roasted Sweet Potatoes (2) Rye Bread Citrus Sections
Week 5				
8 Chili w/ Beef & Beans Carrots Cranberry Juice Blend Cornbread Frozen Non-Dairy Dessert	9	10 <i>Closed</i>	11	12 Baked Breaded Chicken Filet w/ Honey Mustard Carrot Raisin Salad Mashed Potatoes / Peas WW Bread Tropical Fruit
Week 6				
15 Chicken Stir Fry Mashed Butternut Squash Long Grain Brown Rice WW Bread Applesauce w/ Cinnamon	16	17 Baked Omelet w/ Sautéed Vegetables Vegetarian Beans Roasted Sweet Potatoes English Muffin Fresh Orange	18	19 Baked Breaded Chicken Filet Chic Pea Salad Peas and Carrots Orzo Rye Bread Frozen Non-Dairy Dessert
Week 1				
22 Meatloaf Roasted Tomatoes Mashed Sweet Potato Corn Bread Banana	23	24 Apricot Chicken Garlic Mashed Potatoes Carrots Rice Pilaf WW Bread Applesauce w/ Cinnamon	25	26 Tarragon Tomato Baked Fish Small Baked Potato Green Beans Cranberry Juice Blend Italian Bread Peaches
Week 2				
29 <i>Passover</i>	30	31 <i>Passover</i>	1-Apr	2-Apr <i>Closed</i>

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.