

Suggested Meal Donation
 \$3.25 for 60 and over
 Guest Fee for under 60 \$6.00

**Schenectady Jewish Community Center
 Senior Meal Center
 2565 Balltown Road, Schenectady, NY**

Transportation available call
 357-9801
 Suggested Donation \$2.50

February 2012

Round Trip

Diane Frank, Meal Center Manager
 Annie Ciotoli, Kosher Cook

Call for Meal Reservations 377-8803

Open Monday, Wednesday & Friday
 Hours 9:00 AM – 2:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey Burgers on Rolls Sweet Potato Fries Veggies Cherry Blintzes	2	3 Salmon w/Mustard and Parsley Couscous California Veggies Challah Applesauce
6 Chili Brown Rice Mixed Veggies Rye Bread Cookies	7	8 Butternut Squash Soup Hot Dogs w/Rolls French Fries Cucumber Slices Fresh Fruit	9	10 Apricot Chicken Wild Rice Green Beans Challah Bananas
13 Pasta Ribbons w/Peas, Beef, Cream (Non-Dairy), and Pesto Rolls Grapes	14	15 Lemon Chicken Orzo w/Chives California Veggies Oat Bread Pears	16	17 Salmon w/Sour Cream and Dill Barley Pilaf w/Herbs Baby Carrots w/Parsley Challah Oranges
20 CLOSED FOR HOLIDAY PRESIDENTS' DAY	21	22 Beef Pot Pie w/Veggies Brown Rice Pilaf Oat Bread Apple Blintzes	23	24 Teriyaki Chicken Steak Fries Roasted Red Peppers and Onions Challah Birthday Cake
27 Sloppy Joes on Rolls Noodles Italian Veggies Fresh Fruit	28	29 Italian Baked Chicken Roasted Potatoes Roasted Zucchini 12 Grain Bread Peaches		

The Nutrition Program is partially funded through the Schenectady County Department of Senior and Long Term Care Services with county tax dollars. State and Federal Funding is also provided through the New York State Office for the Aging and the Federal Administration on Aging.