

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
 Round Trip

September 2010

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 Hamburgers on Rolls French Fries Cucumber Salad Tofutti Cuties	2	3 Salmon w/Dill Sauce Couscous w/Herbs California Veggies Challah Fresh Fruit
6 CLOSED FOR LABOR DAY	7	8 Chicken and Veggie Stir Fry Jasmine Rice Wheat Bread Mandarin Oranges	9	10 CLOSED FOR ROSH HASHANAH
13 Sweet and Sour Meatballs Noodles Veggies 12 Grain Bread Cherry Blintzes	14	15 Chicken Cutlets Roasted Potatoes Italian Veggies Italian Bread Lemon Ice	16	17 Haddock w/Bread Crumbs and Herbs Orzo w/Chives Green Beans w/Radishes Challah Birthday Cakes
20 Meatloaf Penne Pasta Petite Peas w/Onion Rye Bread Peaches	21	22 Chicken Salad on Lettuce Potato Salad Cucumber Slices Rolls Fruit	23	24 CLOSED FOR SUKKOT
27 Chicken Tacos (Soft Shell) Brown Rice Corn and Black Bean Salad Cookies	28	29 Tuna Croquettes Sweet Potato Fries Roasted Red Peppers and Onions Rolls Bananas	30	