

Doreen Wright, Program Manager, Friendship Café  
 Nicole Hunter, Friendship Café Site Coordinator  
 erlin Montes, Friendship Café Cook

**Jewish Community Center**  
 2565 Balltown Road, Niskayuna, NY  
**"Friendship Café" Menu**  
**Jan. 2018**

518-377-8803  
 Hours: Monday, Wednesday, & Friday 10am-2pm

**For Meal and/or Transportation**  
 Reservations, call 518-377-8803  
**Suggested Meal Contribution**  
 Participants 60 and over-\$3.50  
 Guests under 60-\$6.00  
**Suggested Transportation Contribution**  
 \$1.25 Each way

Sponsored by: Catholic Charities Senior & Caregiver Support Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  CLOSED	2	3 Roasted Turkey w/Gravy Garlic Mash Potatoes Butternut Squash Orange Juice Bread Stuffing Wheat Roll Pumpkin Cupcakes	4	5 Fried Fish (Baked) Three Bean Salad Sweet Pototes Rye Bread Fresh Orange
8 Chili w/Beef and Beans Carrots Cranberry Juice Cornbread Frozen Non-Dairy Dessert (Rice Dream Vanilla)	9	10 Tuna Casserole Tomato and Cucumber Salad Mixed Veggies Wheat Bread Mamdarin Orange	11	12 <i>Sweet and Sour Chicken</i> Peanut Orange,carrot Salad Brown Rice Green Peas Wheat bread Tropical Fruit
15  CLOSED	16	17 Beef Burger Slice Tomato Vegetarian Beans Sweet Potatoes Hamburger Bun Fresh Orange	18	19 Bake Fish Chic Pea Salad Herb Tomatoes Brown Rice Rye Bread Cookies
22 Meatloaf Roasted Tomatoes Mash Sweet Potatoes Wheat Bread Fresh Grapes	23	24 Apricot Chicken Dill Potatoes Carrots Orzo Wheat Bread Cinnamon Applesauce	25	26 Tarragon Tomato Bake Fish Potato and Green Bean Crusty Bread Peach Cobbler
29 Veggie Omelet w/Peppers and Onions Sweet Potato Fries English Muffin Fresh Orange	30	31 Hungarian Meatball Stew Carrots Roasted Red Potatoes Orange Juice Egg Noodles, Wheat Bread French Vanilla Cake		

The Senior Nutrition and Transportation Program is operated by the Schenectady County Office for the Aging under contract with Catholic Charities Senior & Caregiver Support Services.  
 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.