

Suggested Meal Contribution

Participants over 60 - \$3.50 Guest Under 60 - \$6.00
 Food stamps Welcome

Doreen M. Wright, Program Manager, Friendship Café
 Toni Boughton, Friendship Café Site Coordinator

Jewish Community Center

2565 Balltown Road, Schenectady, NY 12309

"Friendship Café" Menu

Sep-17

Call for Meal Reservations: 377-8803

Sponsored by Catholic Charities Senior & Caregiver Support Services

Transportation available

Call: 357-9801

Suggested Contribution

\$2.50 Round Trip

Café Hours: Monday, Wednesday and Friday's 9:00am-2:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Primavera Carrots Long Grain Brown Rice Whole Wheat Bread Banana
4 Closed Labor Day		6 Baked Chicken Roasted Potato & Sweet Potato Salad Pickled Beets Whole Wheat Bread Watermelon		8 Baked Fish Garlic Mashed Potatoes Butternut Squash Orange Juice Whole Wheat Bread Baked Dessert
11 Baked Chicken Green Bean & Carrot Salad Roasted Potatoes Whole Wheat Bread Fresh Grapes		13 Beef or Veggie Burger Sliced Tomatoes Vegetarian Beans Sweet Potato Fries Hamburger Bun Fresh Orange		15 Lemon & Herb Baked Fish Chic Pea Salad Broccoli Rye Bread Fresh Fruit in Season
18 Sweet & Sour Chicken Coleslaw Green Peas Rice Salad w/ raisins Whole Wheat Bread Applesauce		20 Apricot Curry Meatballs Zucchini & Vegetables w/ Polenta Whole Wheat Bread Fresh Orange		22 Closed Rosh Hashannah Lunch at Glenville
25 Beef or Turkey Hot Dogs Tomato Vegetarian Beans Coleslaw Watermelon		27 Chicken & Vegetable Kobob Apricots Long Grain Brown Rice Whole Wheat Bread Fresh Fruit in Season		29 Potato & Tuna Patty Baked Sweet Potato Pickled Beets Pasta Salad Birthday 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.