

Suggested Meal Contribution

Participants 60 and over - \$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

November ,2017

Call for Meal Reservations: 377-8803

Sponsored by Catholic Charities Senior & Caregiver Support Services

Transportation available

Call: 357-9801

Suggested Contribution

1.25 each way

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Apricot Chicken Dill Potatoes Carrots-Orzo Bread -Applesauce	2	3 Baked Tarragon-Tomato Fish Potato & Green Bean Side Bread Peach Cobbler
6 Vegetable Omelet w peppers & onions Sweet Potato Fries English Muffin Orange	7	8 Hungarian Meatball Stew Roasted Potatoes Egg Noodles Bread OJ -Baked Dessert	9	10 CLOSED
13 Sloppy Joes w roll Sweet Potato Fries Peas Orange	14	15 Baked Chicken w Garlic & Herbs Roasted Potatoes Green Beans-OJ -Bread Apricots	16	17 Thanksgiving Celebration Turkey / Gravy Mashed Potatoes Butternut Squash OJ - Stuffing - Roll Pumpkin Cupcakes
20 Spaghetti & Meat Sauce Mixed Vegetables Italian Bread Mandarin Oranges	21	22 Baked Fish w Tomatoes, Mushrooms, Peppers Roasted Carrots Brown Rice-Bread Frozen Treat	23	24 CLOSED
27 Chili with beans/meat Carrots- Cornbread Cranberry Juice Frozen Dessert	28	29 Tuna Casserole Tomato & Cucumber Salad Mixed Vegetables Bread Mandarin Oranges	30	

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.