

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) <b>HAIRCUTS</b>  <b>POLLOCK,</b>                      Potatoes, Peas &amp; Onions,                      Fruit Salad,  <b>HAPPY HANUKKAH</b></p>	<p>4) <b>SLOPPY JOES,</b>  <b>Corn, Beans, Roll,</b>  <b>Juice</b></p>	<p>5) <b>CHICKEN Cold Plate</b>                      Macaroni, &amp; Tomato/onion                      Salads, Flatbread, Banana                      Cake</p>	<p>6) <b>TUNA BAKE</b>                      Noodles, Carrots, Biscuit,                      Juice, Fruit</p>	<p>7) <b>QUESTAR APPOINTMENTS</b>  <b>AVAILABLE</b>  <b>VEAL</b>                      Mashed potatoes, Assorted                      Vegies, Bread, Peaches  <b>11:00 MEDIA ON MATTERS WORKSHOP</b></p>
<p>10) <b>SWISS STEAK</b>                      Tomatoes, Squash, Baked                      Potato, Bread, Apricots</p>	<p>11) <b>HAM STEAK</b>                      Cabbage, Spinach, Bread,                      Juice, Oranges</p>	<p>12) <b>"KARAOKE" with The Pat V</b>  <b>Trio</b>  <b>CHICKEN PARM</b>                      Ziti, Assorted Veges,                      Bread, Chocolate Pudding</p>	<p>13) <b>Uncle Sam SPARKLERS</b>  <b>BEEF STEW</b>                      Vegies, Carrots, Biscuit,                      Juice, Fruit</p>	<p>14) <b>POLLOCK</b>                      Rice, Broccoli, Roll, Applesauce  </p>
<p>17) <b>SAUSAGE</b>                      Noodles &amp; Gravy,                      Spinach,                      Bread, Peaches</p>	<p>18) <b>CHEESEBURGER</b>                      Hash browns, Zucchini                      &amp; Tomatoes, Roll, Juice,                      Cookies</p>	<p>19) <b>CHICKEN &amp;</b>  <b>BROCOLLI Casserole</b>                      Pasta, Biscuit, Strawberry                      &amp; Pineapple Cup</p>	<p>20) <b>CORNELL TASTING</b>  <b>HADDOCK</b>                      Potatoes, Carrots, Roll,                      Juice &amp; Fruit</p>	<p>21) <b>SPECIAL DINNER</b>                      NATIONAL WEAR YOUR "UGLY" CHRISTMAS                      SWEATER DAY... (Prizes!)  <b>HAM</b>                      Dressing, Sweet Potatoes,                      Peas &amp; Onions, Roll,                      Chocolate Ice Cream</p>
<p>24) <b>HOT DOGS</b>                      Sauerkraut, Baked Beans,                      Roll, Fruit Cocktail</p>	<p>25) <b>CENTER CLOSED</b>  </p>	<p>26) <b>CHICKEN PATTY</b>                      Gravy, Sweet Potatoes,                      Spinach, Biscuit,                      Granola Bar  <b>HAPPY KWANZAA</b></p>	<p>27) <b>CRABMEAT SALAD</b>                      3 Bean Salad, Cottage                      Cheese w/Peaches,                      Flatbread, Juice, Fruit</p>	<p>28) <b>MEATLOAF</b>                      Gravy, Mashed Potatoes,                      Green Beans, Bread, Fruit</p>
<p>31) <b>COUNTDOWN TO NOON</b>  <b>HOT ROAST BEEF</b>                      Gravy, Mashed Potatoes,                      Assorted Vegies, Bread,                      Lemon Cottage Pudding  <b>GUY TONNO ENTERTAINMENT</b></p>	<p>  <b>SOUP...ONCE A WEEK!</b></p>	<p>  <b>SEE YOU NEXT YEAR!!</b></p>	<p><b>NUTRITION ABBREVIATIONS:</b></p> <ul style="list-style-type: none"> <li>• NCS = NO CONCENTRATED SWEETS</li> <li>• Lo Na = LOW SALT</li> <li>• SOFT = LOW FIBER</li> <li>• UNS = UNSWEETENED</li> </ul> <p>* Menu Subject to Change *</p>	<p><i>The US Administration on Aging, Older Americans Act, Title III Nutrition Program, NYS Office for the Aging, &amp; Rensselaer County help fund this Nutrition Program. Suggested "Contribution" for members is \$3.00.</i></p>