

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

DECEMBER 2011

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	2 Haddock w/Breadcrumbs, Olives and Tomatoes Rice Pilaf Challah Blueberry Blintzes
5 Mexican Roast Chicken Roasted Potatoes Tarragon Tossed Carrots 12 Grain Bread Cookies	6	7 Meatball Subs (Rolls) Penne Pasta Veggies Fresh Fruit	8	9 Southwest Oven Roasted Salmon Couscous w/Herbs Roasted Zucchini Challah Pears
12 Chili Brown Rice California Veggies Wheat Bread Oranges	13	14 Chicken Marsala Steak Fries Italian Veggies Oat Bread Applesauce	15	16 Orange Glazed Salmon Wild Rice Mixed Veggies Challah Cookies
19 Turkey Burgers on Rolls Sweet Potato Fries Cucumber Salad Grapes	20	21 CHANUKAH CELEBRATION Brisket, Latkes, Applesauce, Roasted Butternut Squash, Rolls, Dessert	22	23  CLOSED FOR CHRISTMAS EVE
26  CLOSED FOR CHRISTMAS DAY	27	28 Meatloaf French Fries Petite Peas w/Basil and Onion Italian Bread Bananas	29	30 Oven Baked Fish and Chips Tomato Salad Challah Birthday Cake

The Nutrition Program is partially funded through the Schenectady County Department of Senior and Long Term Care Services with county tax dollars. State and Federal Funding is also provided through the New York State Office for the Aging and the Federal Administration on Aging.