

OCTOBER 2026

JEWISH COMMUNITY CENTER
2565 BALLTOWN ROAD,
NISKAYUNA, NY 12309
MONDAY, WEDNESDAY,
FRIDAY 10:00AM-1:00PM



BREAD IS PROVIDED WITH EVERY MEAL.
 1% MILK FOR THE WEEK IS GIVEN ON
 WEDNESDAYS.

CALL (518)382-8481 X 1 TO RESERVE OR
 CANCEL MEAL.

SUGGESTED MEAL CONTRIBUTION:
 REGISTERED GUESTS 60 AND OVER - \$4.00
 REQUIRED FEE FOR GUESTS UNDER 60 -
 \$14.00

CASH PREFERRED
 MENU ITEMS ARE SUBJECT TO CHANGE

RESERVATIONS ARE REQUIRED

SCHENECTADY COUNTY SENIOR &
 LONGTERM CARE WEBSITE:
WWW.SCHENECTADYCOUNTYNY.GOV
 NY CONNECTS
 (518) 382-8481 X1

Monday	Tuesday	Wednesday	Thursday	Friday
<i>reviewed by</i> <i>dietician</i> <i>Robb Hill, PhD</i> <i>9/28/24</i>			1	Fun Friday 2 Roast Beef Carrots, Mushrooms, Onions & Gravy ½ Baked Potato Rolls & Brownie
Game Day 5 Chicken Schnitzel Tuscan Blend Bow Ties W/Red Sauce Mini-Cannoli	6	BINGO 7 Oven Baked Fish Coleslaw Green Beans Corn Bread Up Cake	8	Fun Friday 9 Apricot Chicken California Blend Veggies, Rice Pilaf Apple Cake
Closed 12 Columbus Day	13	BINGO 14 Chicken Marsala Mixed Veggies Pasta Bread knot Vanilla Cookie	15	Fun Friday 16 Brisket Roasted Veg Fingerling Potato Roll Chocolate Cake
Game Day 19 Chicken Shawarma Lettuce, Tomato Onions/Peppers Pita Rice Chocolate Cookie	20	Prevent/Manage 21 Diabetes Impossible Meatloaf Mashed Potato Peas and Carrots Slice Bread Pound cake	22	Fun Friday 23 Roast Turkey Green Beans Sweet Potato Cranberry Sauce Stuffing Baked Apple
Game Day 26 Chicken Frances Broccoli Mix Pasta Garlic Knot Chocolate Cookie	27	BINGO 28 Chicken Stir Fry Brown Rice Fortune Cookie & Ice Cream	29	Fun Friday 30 Stuffed Cabbage Carrots Rice Rolls Brownie

THE SENIOR NUTRITION PROGRAM HELD AT SCHENECTADY JEWISH COMMUNITY CENTER IS OPERATED BY 518 KOSHER UNDER CONTRACT WITH THE SCHENECTADY COUNTY OFFICE OF SENIOR & LONG TERM CARE. 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.