

April 2021 Cold Menu

a LifePath and the Albany County Department for Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Cottage Cheese w/ Peaches on Bed of Lettuce Coleslaw w/ Carrots Wheat Bagel Oatmeal Raisin Cookie	2 Egg Salad Plate w/ Lettuce Pasta Salad w/ Broccoli & Tomatoes Pineapple-Orange Juice Wheat Bread Lorna Doone Cookies	3 Ham & Swiss Cheese Sandwich w/ Lettuce & Tomato Carrots & Pineapple Salad Orange Juice Whole Wheat Bread Vanilla Pudding	4 Roast Beef Sandwich w/ Lettuce & Tomato on Wheat Bun Three Bean Salad Applesauce Fig Newton's
5 Ham Sandwich Pickled Beet Salad Orange Juice Wheat Bread Chocolate Pudding	6 Meatloaf Sandwich Coleslaw w/ Carrots Fruit Juice Wheat Bread Sugar Cookie	7 Roast Beef Sandwich w/ Lettuce & Tomato Broccoli Salad Wheat Bread Pineapples	8 Cottage Cheese w/ 1-Hard Boiled Egg Three Bean Salad Grape Juice Wheat Bread Fig Newton's	9 Chicken BLT Bow Tie Pasta Salad On Bed of Lettuce Pineapple Chunks Wheat Bread Oatmeal Cookie	10 Swiss Cheese Sandwich w/ Lettuce Potato Salad w/ Carrots Wheat Bread Fruit Cocktail	11 Tuna Salad Sandwich Pasta Salad w/ Broccoli Wheat Bread Apple
12 Ham & Swiss Cheese Sandwich Carrots & Raisin Salad Orange Juice Wheat Bread Lorna Doone Cookies	13 Egg Salad Sandwich Chickpea Salad Wheat Bread Pears	14 Cottage Cheese w/ Hard Boiled Egg Pasta Salad w/ Broccoli Orange Juice Wheat Bread Banana	15 Chicken Salad Sandwich Tomato & Cucumber Salad Wheat Bread Mandarin Oranges	16 Swiss Cheese Sandwich Carrots & Pineapple Salad Apple Wheat Bread Chocolate Pudding	17 Roast Beef Sandwich Three Bean Salad V-8 Juice Wheat Bread Fig Newton's	18 Turkey & Swiss Cheese Sandwich Broccoli Salad Fruit Juice Wheat Bread Fruited Yogurt
19 Ham Sandwich Carrots & Raisin Salad Grape Juice Wheat Bread Fig Newton's	20 Roast Beef Sandwich Potato Salad w/ Carrots Mandarin Oranges Wheat Bread Oreo Cookies	21 Chicken Curry Sandwich w/ Lettuce & Tomato Broccoli Salad Apple Juice Wheat Bread Oatmeal Cookie	22 Meatloaf Sandwich Three Bean Salad Apple Wheat Bread Vanilla Pudding	23 Turkey & Swiss Cheese Sandwich Coleslaw w/ Carrots Wheat Bread Peaches	24 Tuna Salad Sandwich Tomato & Cucumber Salad Wheat Bread Mandarin Oranges	25 Cottage Cheese Pasta Salad w/ Broccoli Pineapples Wheat Bread Lorna Doone Cookies
26 Swiss Cheese Sandwich Three Bean Salad Wheat Bread Mandarin Oranges	27 Egg Salad Sandwich Coleslaw w/ Carrots Peaches Wheat Bread Oatmeal Raisin Cookie	28 Roast Beef Sandwich Pickled Beet Salad Pineapple-Orange Juice Wheat Bread Fig Newton's	29 Ham Salad Sandwich Chickpea Salad Wheat Bread Pineapples	30 Chicken Salad Sandwich Broccoli Salad Wheat Bread Apricots	All meals provide ½ pint 1% Milk and Butter Spread. Lower sodium, no added salt products used. Whole wheat and other whole grain products used. Most fruits in juice or unsweetened. Most items are subject to last minute substitutions.	