

April 2021 Hot Menu

a LifePath and the Albany County Department for Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Chicken Jambalaya Green Beans Wheat Bread Brownie	2 Meatless Baked Ziti w/ Tomato Sauce Italian Blend Vegetables Wheat Bread Chocolate Pudding	3 American Goulash w/ Tomato Sauce Peas & Carrots Wheat Bread Apricots	4 Italian Herbed Chicken Whipped Sweet Potatoes Broccoli Wheat Bread Sugar Cookie
5 American Goulash w/ Tomato Sauce Italian Blend Vegetables Corn Bread Oreo Cookies	6 Baked Chicken w/ Mushroom Gravy Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce	7 Turkey Tetrazzini w/ Peas Beets Fruit Punch Whole Wheat Bread Applesauce Cake	8 Cheeseburger w/ Swiss on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	9 Potato Crunch Fish Peas Mashed Potatoes Wheat Bread Peaches	10 Pork Loin w/ Gravy Carrots Apple Juice Rice Wheat Bread Vanilla Pudding	11 Meatless Baked Ziti Italian Blend Vegetables Wheat Bread Fruit Cocktail
12 Chicken Jambalaya Mixed Vegetables Grape Juice Rice Wheat Bread Mixed Fruit	13 Mac & Cheese Seasoned Zucchini & Tomatoes Apple Juice Wheat Bread Peaches	14 Citrus Marinated Chicken Mashed Potatoes California Blend Vegetables Wheat Bread Vanilla Pudding	15 BBQ Pulled Pork on Wheat Bun Seasoned Oven Roasted Potatoes Coleslaw w/ Carrots Applesauce Cake	16 Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli Wheat Bread Applesauce	17 Honey Mustard Chicken Green Beans Apple Juice Rice Pilaf Wheat Bread Chocolate Pudding	18 Pepper Steak w/ Onions Green Beans Egg Noodles Wheat Bread Brownie
19 Chicken Paella Peas & Carrots Apple Juice Rice Corn Bread Peaches	20 Lasagna Roll Ups w/ Marinara Sauce Zucchini Wheat Bread Pound Cake	21 Beef & Broccoli Carrots Rice Wheat Bread Mandarin Oranges	22 Peach Glazed Chicken Mashed Sweet Potatoes Cauliflower Wheat Bread Brownie	23 Spanish Rice w/ Ground Beef & Beans Green Beans Corn Bread Tapioca Pudding	24 Mac & Cheese Seasoned Zucchini & Tomatoes Applesauce Wheat Bread Sugar Cookie	25 Hungarian Goulash with Egg Noodles Carrots Grape Juice Wheat Bread Oreo Cookies
26 Baked Fish Mashed Potatoes Broccoli Wheat Bread Chocolate Pudding	27 Sloppy Joe on Wheat Bun Seasoned Oven Roasted Red Potatoes Sautéed Summer Squash Rice Pudding	28 Chicken Parmesan w/ Cheese Cauliflower Penne Pasta Wheat Bread Pound Cake	29 Pepper Steak w/ Onions Beets Egg Noodles Corn Bread Mandarin Oranges	30 Roasted Pork Loin w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Wheat Bread Applesauce	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.	