


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <h1 style="text-align: center;">May 2021 Cold Meals on Wheels Menu</h1> <p style="text-align: center;"><i>a LifePath and the Albany County Department for Aging Nutrition Program</i></p>					<b>1 Tuna Salad Sandwich On Wheat Bun</b> Carrots & Raisin Salad Fruit Juice Chocolate Chip Cookie	<b>2 Turkey Sandwich</b> Rainbow Pasta Salad Apple Juice Wheat Bread Applesauce
					<b>3 Roast Beef Sandwich</b> Broccoli Salad Blended Fruit Juice Wheat Bread Fig Newton's	<b>4 Peanut Butter &amp; Jelly Sandwich</b> Grape Tomatoes Ranch Dressing Orange Juice Wheat Bread Oatmeal Raisin Cookie
<b>10 Roast Beef Sandwich</b> Three Bean Salad Orange Juice Wheat Bread Chocolate Pudding	<b>11 Chicken Salad Sandwich</b> Carrots & Raisin Salad Wheat Bread Pears	<b>12 Tuna Salad Sandwich with Lettuce</b> Cucumber & Tomato Salad Wheat Bread Fruited Yogurt	<b>13 Turkey Sandwich w/ Lettuce &amp; Tomato</b> Macaroni Salad w/ Carrots Grape Juice Wheat Bread Apple	<b>14 Swiss Cheese Sandwich w/ Lettuce &amp; Tomato</b> Broccoli Salad Wheat Bread Raisins	<b>15 Cottage Cheese</b> Three Bean Salad Pineapple Chunks Wheat Bread Tapioca Pudding	<b>16 Egg Salad Sandwich</b> Coleslaw w/ Carrots Wheat Bread Orange
<b>17 Ham Sandwich</b> Pickled Beet Salad Orange Juice Wheat Bread Chocolate Pudding	<b>18 Meatloaf Sandwich</b> Coleslaw w/ Carrots Fruit Juice Wheat Bread Sugar Cookie	<b>19 Roast Beef Sandwich w/ Lettuce &amp; Tomato</b> Broccoli Salad Wheat Bread Pineapples	<b>20 Cottage Cheese w/ Hard Boiled Egg</b> Three Bean Salad Grape Juice Wheat Bread Fig Newton's	<b>21 Chicken BLT Bowtie Pasta Salad On Bed Of Lettuce</b> Pineapple Chunks Wheat Bread Oatmeal Cookie	<b>22 Swiss Cheese Sandwich w/ Lettuce</b> Potato Salad w/ Carrots Wheat Bread Fruit Cocktail	<b>23 Tuna Salad Sandwich</b> Pasta Salad w/ Broccoli Wheat Bread Apple
<b>24 Ham &amp; Swiss Cheese Sandwich</b> Carrots & Raisin Salad Orange Juice Wheat Bread Lorna Doone Cookies	<b>25 Egg Salad Sandwich</b> Chickpea Salad Wheat Bread Pears	<b>26 Cottage Cheese w/ Hard Boiled Egg</b> Pasta Salad w/ Broccoli Orange Juice Wheat Bread Banana	<b>27 Chicken Salad Sandwich</b> Tomato & Cucumber Salad Wheat Bread Mandarin Oranges	<b>28 Swiss Cheese Sandwich</b> Carrots & Pineapple Salad Apple Wheat Bread Chocolate Pudding	<b>29 Roast Beef Sandwich</b> Three Bean Salad V-8 Juice Wheat Bread Fig Newton's	<b>30 Turkey &amp; Swiss Cheese Sandwich</b> Broccoli Salad Fruit Juice Wheat Bread Fruited Yogurt
<b>31 Ham Sandwich</b> Carrots & Raisin Salad Grape Juice Wheat Bread Fig Newton's	<p>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.</p>					