



May 2021 Hot Meals on Wheels Menu

a LifePath and the Albany County Department for Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Baked Chicken w/ Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Peaches	2 Potato Crunch Fish Green Beans Orange Juice Yellow Rice Wheat Bread Sugar Cookie
3 Chicken a la King Carrots Applesauce Egg Noodles Wheat Bread Pound Cake	4 Ham with Pineapple Spinach Grape Juice Corn Bread Tapioca Pudding	5 Turkey Bolognese Over Penne Pasta Italian Blend Vegetables Peaches Wheat Bread Lorna Doone Cookies	6 Roasted Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Mandarin Oranges	7 Beef & Vegetable Stir Fry Carrots Applesauce Rice Wheat Bread Applesauce Cake	8 Honey Mustard Chicken Seasoned Oven Roasted Sweet Potatoes Green Beans Wheat Bread Brownie	9 Tuna Noodle Casserole Sautéed Summer Squash Applesauce Wheat Bread Sugar Cookie
10 Chicken Cacciatore Broccoli Rice Wheat Bread Peaches	11 Roast Pork w/ Gravy Mashed Potatoes Green Beans Wheat Stuffing Applesauce	12 BBQ Chicken Seasoned Oven Roasted Sweet Potatoes California Blend Vegetables Wheat Bread Rice Pudding	13 Beef Tips w/ Brown Gravy Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges	14 Lemon Garlic Baked Fish Seasoned Oven Roasted Potatoes Sautéed Spinach Wheat Bread Brownie	15 Meatloaf w/ Gravy Garlic Mashed Potatoes Beets Wheat Bread Peaches	16 Greek Style Chicken Peas V-8 Juice Rice Wheat Bread Tropical Fruit Salad
17 American Goulash w/ Tomato Sauce Italian Blend Vegetables Corn Bread Oreo Cookies	18 Baked Chicken w/ Mushroom Gravy Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce	19 Turkey Tetrazzini over Pasta w/ Peas Beets Fruit Punch Wheat Bread Applesauce Cake	20 Swiss Cheeseburger on Wheat Bun Seasoned Roasted Potatoes Broccoli Pears	21 Potato Crunch Fish Peas Mashed Potatoes Wheat Bread Peaches	22 Pork Loin w/ Gravy Carrots Apple Juice Rice Wheat Bread Vanilla Pudding	23 Meatless Baked Ziti w/ Tomato Sauce Italian Blend Vegetables Wheat Bread Fruit Cocktail
24 Chicken Jambalaya Mixed Vegetables Grape Juice Rice Wheat Bread Mixed Fruit	25 Mac & Cheese Seasoned Zucchini & Tomatoes Apple Juice Wheat Bread Peaches	26 Citrus Marinated Chicken Mashed Potatoes California Blend Vegetables Wheat Bread Vanilla Pudding	27 BBQ Pulled Pork on Wheat Bun Seasoned Oven Roasted Potatoes Colelaw w/ Carrots Applesauce Cake	28 Meatloaf w/ Mushroom Gravy Whipped Sweet Potatoes Broccoli Wheat Bread Applesauce	29 Honey Mustard Chicken Green Beans Apple Juice Rice Pilaf Wheat Bread Chocolate Pudding	30 Pepper Steak w/ Onions Green Beans Egg Noodles Wheat Bread Brownie
31 Chicken Paella Peas & Carrots Apple Juice Rice Corn Bread Peaches	<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>					