


# August 2021 Home Delivered Meals - Hot Menu

a LifePath and Albany County Department for Aging Nutrition Program

Sunday

1  
**Tuna Noodle Casserole**  
 Sautéed Summer Squash  
 Applesauce  
 Wheat Bread  
 Sugar Cookie

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Lemon Garlic Baked Fish</b> Roasted Potatoes Sautéed Spinach Wheat Bread Brownie	3 <b>Roast Pork w/ Gravy</b> Mashed Potatoes Green Beans Wheat Stuffing Applesauce	4 <b>BBQ Chicken</b> Roasted Sweet Potatoes California Blended Vegetables Wheat Bread Rice Pudding	5 <b>Beef Tips w/ Gravy</b> Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges	6 <b>Chicken Cacciatore</b> Broccoli Rice Wheat Bread Peaches	7 <b>Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Beets Wheat Bread Peaches
9 <b>American Goulash</b> Italian Blend Vegetables Corn Bread Oreo Cookies	10 <b>Chicken Tetrizzini</b> Beets Fruit Punch Wheat Bread Applesauce Cake	11 <b>Baked Chicken w/ Mushroom Gravy</b> Whipped Sweet Potatoes Green Beans Wheat Bread Applesauce	12 <b>Swiss Cheeseburger</b> Roasted Potatoes Broccoli Pears	13 <b>Potato Crunch Fish</b> Peas Mashed Potatoes Wheat Bread Peaches	14 <b>Pork Loin w/ Gravy</b> Carrots Apple Juice Rice Wheat Bread Vanilla Pudding
16 <b>Chicken Jambalaya</b> Mixed Vegetables Grape Juice Rice Wheat Bread Mixed Fruit	17 <b>Mac &amp; Cheese</b> Zucchini & Tomatoes Apple Juice Wheat Bread Peaches	18 <b>Citrus Marinated Chicken</b> Mashed Potatoes Blended Vegetables Wheat Bread Vanilla Pudding	19 <b>BBQ Pulled Pork</b> Roasted Potatoes Coleslaw w/ Carrots Wheat Bun Applesauce Cake	20 <b>Meatloaf w/ Mushroom Gravy</b> Sweet Potatoes Broccoli Wheat Bread Applesauce	21 <b>Honey Mustard Chicken</b> Green Beans Apple Juice Rice Pilaf Wheat Bread Chocolate Pudding
23 <b>Chicken Paella</b> Peas & Carrots Apple Juice Rice Cornbread Peaches	24 <b>Lasagna Roll Ups</b> Zucchini Wheat Bread Pound Cake	25 <b>Beef &amp; Broccoli</b> Carrots Rice Wheat Bread Mandarin Oranges	26 <b>Peach Glazed Chicken</b> Mashed Sweet Potatoes Cauliflower Wheat Bread Brownie	27 <b>Spanish Rice w/ Beef &amp; Beans</b> Green Beans Cornbread Tapioca Pudding	28 <b>Mac &amp; Cheese</b> Zucchini & Tomatoes Applesauce Wheat Bread Sugar Cookie
30 <b>Baked Fish</b> Mashed Potatoes Broccoli Wheat Bread Chocolate Pudding	31 <b>Sloppy Joe</b> Roasted Red Potatoes Sautéed Summer Squash Rice Pudding				

8  
**Greek Style Chicken**  
 Peas  
 V-8 Juice  
 Rice  
 Wheat Bread  
 Tropical Fruit Salad

15  
**Meatless Baked Ziti**  
 Italian Blend Vegetables  
 Wheat Bread  
 Fruit Cocktail

22  
**Pepper Steak w/ Onions**  
 Green Beans  
 Egg Noodles  
 Wheat Bread  
 Brownie

29  
**Hungarian Goulash over Egg Noodles**  
 Carrots  
 Grape Juice  
 Wheat Bread  
 Oreo Cookies