

# September 2021 Home Delivered Meals - Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <b>Roast Beef Sandwich</b> Pickled Beet Salad Pineapple-Orange Juice Fig Newton's	2 <b>Ham Salad Sandwich</b> Chickpea Salad Pineapples	3 <b>Chicken Salad Sandwich</b> Broccoli Salad Apricots	4 <b>Tuna Salad Sandwich</b> Carrot & Raisin Salad Fruit Juice Chocolate Chip Cookie	5 <b>Turkey Sandwich</b> Rainbow Pasta Salad Apple Juice Applesauce
6 <b>Roast Beef Sandwich</b> Pasta Broccoli Salad Blended Fruit Juice Fig Newton's	7 <b>Peanut Butter &amp; Jelly Sandwich</b> Grape Tomatoes Ranch Dressing Orange Juice Oatmeal Raisin Cookie	8 <b>Cottage Cheese w/ Pineapples</b> Carrot & Raisin Salad Wheat Bread Chocolate Pudding	9 <b>BLT Pasta Salad w/ Chicken</b> V-8 Juice Wheat Bread Apple	10 <b>Egg Salad Sandwich</b> Three Bean Salad Diced Pears Fruited Yogurt	11 <b>Tuna Salad Sandwich</b> Carrots & Pineapple Salad Apple Lorna Doone Cookies	12 <b>Ham &amp; Swiss Cheese Sandwich</b> Macaroni Salad Coleslaw w/ Carrots Banana
13 <b>Roast Beef Sandwich</b> Three Bean Salad Orange Juice Chocolate Pudding	14 <b>Chicken Salad Sandwich</b> Carrot & Raisin Salad Pears	15 <b>Tuna Salad Sandwich</b> Cucumber & Tomato Salad Fruited Yogurt	16 <b>Turkey Sandwich</b> Macaroni Salad w/ Carrots Grape Juice Apple	17 <b>Swiss Cheese Sandwich</b> Broccoli Salad Raisins	18 <b>Cottage Cheese</b> Three Bean Salad Pineapple Chunks Wheat Bread Tapioca Pudding	19 <b>Egg Salad Sandwich</b> Coleslaw w/ Carrots Orange
20 <b>Ham Sandwich</b> Pickled Beet Salad Orange Juice Chocolate Pudding	21 <b>Meatloaf Sandwich</b> Coleslaw w/ Carrots Fruit Juice Sugar Cookie	22 <b>Roast Beef Sandwich</b> Broccoli Salad Pineapples	23 <b>Cottage Cheese w/ Hard Boiled Egg</b> Three Bean Salad Grape Juice Wheat Bread Fig Newton's	24 <b>BLT Pasta Salad w/ Chicken</b> Pineapple Chunks Wheat Bread Oatmeal Cookie	25 <b>Swiss Cheese Sandwich</b> Potato Salad w/ Carrots Fruit Cocktail	26 <b>Tuna Salad Sandwich</b> Pasta Salad w/ Broccoli Apple
27 <b>Ham &amp; Swiss Cheese Sandwich</b> Carrots & Raisin Salad Orange Juice Lorna Doone Cookies	28 <b>Egg Salad Sandwich</b> Chickpea Salad Pears	29 <b>Cottage Cheese w/ Hard Boiled Egg</b> Pasta Salad Orange Juice Wheat Bread Banana	30 <b>Chicken Salad Sandwich</b> Tomato & Cucumber Salad Mandarin Oranges			