

# October 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>Swiss Cheese Sandwich</b> Carrots & Pineapple Salad Apple Chocolate Pudding	2 <b>Roast Beef Sandwich</b> Three Bean Salad V-8 Juice Fig Newton's	3 <b>Turkey &amp; Swiss Cheese Sandwich</b> Broccoli Salad Fruit Juice Fruited Yogurt
4 <b>Ham Sandwich</b> Carrots & Raisin Salad Grape Juice Fig Newton's	5 <b>Roast Beef Sandwich</b> Potato Salad w/ Carrots Mandarin Oranges Oreo Cookies	6 <b>Chicken Curry Salad Sandwich</b> Broccoli Salad Apple Juice Oatmeal Cookie	7 <b>Meatloaf Sandwich</b> Three Bean Salad Apple Vanilla Pudding	8 <b>Turkey &amp; Swiss Cheese Sandwich</b> Coleslaw w/ Carrots Peaches	9 <b>Tuna Salad Sandwich</b> Tomato & Cucumber Salad Mandarin Oranges	10 <b>Cottage Cheese</b> Pasta Salad w/ Broccoli Pineapples Wheat Bread Lorna Doone Cookies
11 <b>Swiss Cheese Sandwich</b> Three Bean Salad Mandarin Oranges	12 <b>Egg Salad Sandwich</b> Coleslaw w/ Carrots Peaches Oatmeal Raisin Cookie	13 <b>Roast Beef Sandwich</b> Pickled Beet Salad Pineapple-Orange Juice Fig Newton's	14 <b>Ham Salad Sandwich</b> Chickpea Salad Pineapples	15 <b>Chicken Salad Sandwich</b> Broccoli Salad Apricots	16 <b>Tuna Salad Sandwich</b> Carrot & Raisin Salad Fruit Juice Chocolate Chip Cookie	17 <b>Turkey Sandwich</b> Rainbow Pasta Salad Apple Juice Applesauce
18 <b>Roast Beef Sandwich</b> Pasta Broccoli Salad Blended Fruit Juice Fig Newton's	19 <b>Peanut Butter &amp; Jelly Sandwich</b> Grape Tomatoes Ranch Dressing Orange Juice Oatmeal Raisin Cookie	20 <b>Cottage Cheese with Pineapple</b> Carrot & Raisin Salad Wheat Bread Chocolate Pudding	21 <b>BLT Pasta Salad with Chicken</b> V-8 Juice Wheat Bread Apple	22 <b>Egg Salad Sandwich</b> Three Bean Salad Diced Pears Fruited Yogurt	23 <b>Tuna Salad Sandwich</b> Carrots & Pineapple Salad Apple Lorna Doone Cookies	24 <b>Ham &amp; Swiss Cheese Sandwich</b> Macaroni Salad Coleslaw w/ Carrots Banana
25 <b>Roast Beef Sandwich</b> Three Bean Salad Orange Juice Chocolate Pudding	26 <b>Chicken Salad Sandwich</b> Carrot & Raisin Salad Pears	27 <b>Tuna Salad Sandwich</b> Cucumber & Tomato Salad Fruited Yogurt	28 <b>Turkey Sandwich</b> Macaroni Salad with Carrots Grape Juice Apple	29 <b>Swiss Cheese Sandwich</b> Broccoli Salad Raisins	30 <b>Cottage Cheese</b> Three Bean Salad Pineapple Chunks Wheat Bread Tapioca Pudding	31 <b>Egg Salad Sandwich</b> Coleslaw w/ Carrots Orange