

October 2021 Home Delivered Meals - Hot Menu

a LifePath and Albany County Department for Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Meatloaf with Mushroom Gravy Sweet Potatoes Broccoli Wheat Bread Applesauce	2 Honey Mustard Chicken Green Beans Apple Juice Rice Pilaf Wheat Bread Chocolate Pudding	3 Pepper Steak with Onions Green Beans Egg Noodles Wheat Bread Brownie
4 Chicken Paella Peas & Carrots Apple Juice Rice Cornbread Peaches	5 Lasagna Roll Ups Zucchini Wheat Bread Pound Cake	6 Beef & Broccoli Carrots Rice Wheat Bread Mandarin Oranges	7 Peach Glazed Chicken Mashed Sweet Potatoes Cauliflower Wheat Bread Brownie	8 Spanish Rice with Beef & Beans Green Beans Cornbread Tapioca Pudding	9 Mac & Cheese Zucchini & Tomatoes Applesauce Wheat Bread Sugar Cookie	10 Hungarian Goulash over Egg Noodles Carrots Grape Juice Wheat Bread Oreo Cookies
11 Baked Fish Mashed Potatoes Broccoli Wheat Bread Chocolate Pudding	12 Sloppy Joe Roasted Red Potatoes Sautéed Summer Squash Rice Pudding	13 Chicken Parmesan Cauliflower Penne Pasta Wheat Bread Pound Cake	14 Pepper Steak with Onions Beets Egg Noodles Cornbread Mandarin Oranges	15 Roast Pork with Gravy Roasted Sweet Potatoes Peas & Carrots Wheat Bread Applesauce	16 Baked Chicken with Gravy Mashed Potatoes Brussels Sprouts Wheat Bread Peaches	17 Potato Crunch Fish Green Beans Orange Juice Yellow Rice Wheat Bread Sugar Cookie
18 Chicken a la King Carrots Applesauce Egg Noodles Wheat Bread Pound Cake	19 Ham with Pineapple Spinach Grape Juice Cornbread Tapioca Pudding	20 Turkey Bolognese Italian Blend Vegetables Peaches Wheat Bread Lorna Doone Cookies	21 Roasted Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing Mandarin Oranges	22 Beef & Vegetable Stir Fry Carrots Applesauce Rice Wheat Bread Applesauce Cake	23 Honey Mustard Chicken Roasted Sweet Potatoes Green Beans Wheat Bread Brownie	24 Tuna Noodle Casserole Sautéed Summer Squash Applesauce Wheat Bread Sugar Cookie
25 Chicken Cacciatore Broccoli Rice Wheat Bread Peaches	26 Roast Pork with Gravy Mashed Potatoes Green Beans Wheat Stuffing Applesauce	27 BBQ Chicken Roasted Sweet Potatoes California Blended Vegetables Wheat Bread Rice Pudding	28 Beef Tips with Gravy Parsley Carrots Apple Juice Egg Noodles Corn Bread Mandarin Oranges	29 Lemon Garlic Baked Fish Roasted Potatoes Sautéed Spinach Wheat Bread Brownie	30 Meatloaf with Gravy Garlic Mashed Potatoes Beets Wheat Bread Peaches	31 Greek Style Chicken Peas V-8 Juice Rice Wheat Bread Tropical Fruit Salad