

November 2021 Home Delivered Meals - Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 HAM & SWISS CHEESE SANDWICH Fruit Brownie	2 COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad Pudding	3 TUNA SALAD PLATE Chickpea Salad Fruit	4 TURKEY SANDWICH Carrot & Raisin Salad Applesauce	5 BLT PASTA SALAD WITH CHICKEN Fruit Cake	6 ROAST BEEF SANDWICH Coleslaw Fruit Cookies	7 CHICKEN CURRY SALAD SANDWICH Carrot & Pineapple Salad Fruit Cookie
8 SWISS CHEESE SANDWICH Pickled Beets Cookies	9 EGG SALAD SANDWICH Carrot & Pineapple Salad Cookies	10 ROAST BEEF SANDWICH Broccoli Salad Fruit Cookie	11 TUNA SANDWICH Carrot & Raisin Salad Fruit	12 MANDARIN ORANGE CHICKEN SALAD Red Cabbage Slaw Yogurt	13 COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad Cookies	14 HAM & SWISS CHEESE SANDWICH Coleslaw Fruit
15 MEATLOAF SANDWICH Three Bean Salad Fruit Cookie	16 SWISS CHEESE SANDWICH Potato Salad Raisins	17 COTTAGE CHEESE & HARD BOILED EGG Carrot & Raisin Salad Cookie	18 BLT PASTA SALAD WITH CHICKEN Applesauce	19 HAM SANDWICH Spinach Salad Pudding	20 ROAST BEEF SANDWICH Fruit Cookies	21 TUNA SALAD SANDWICH Potato Salad Cookies
22 COTTAGE CHEESE WITH PINEAPPLE Beet & Mandarin Orange Salad Cookie	23 CHICKEN SALAD SANDWICH Cucumber & Tomato Salad Fruit	24 TUNA SALAD SANDWICH Coleslaw Fruit Cake	25 TURKEY SANDWICH Three Bean Salad Yogurt	26 EGG SALAD SANDWICH Pasta Salad Cookies	27 CHICKEN SALAD WITH WHEAT CRACKERS Applesauce Nutri-Grain Bar	28 VEGETABLE SOUP Peas & Carrots Raisins Apple Cinnamon Fruit Bar
29 HAM & SWISS CHEESE SANDWICH Coleslaw Fruit Applesauce	30 MEATLOAF SANDWICH Macaroni Salad Applesauce Cookies					