

November 2021 Home Delivered Meals - Hot Menu

a LifePath and Albany County Department for Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 MAC & CHEESE Stewed Tomatoes Fruit Cookie	2 CHICKEN TERIYAKI Rice Asian Vegetables Fruit Cake	3 PORK ROAST & GRAVY Roasted Sweet Potatoes Peas & Carrots Fruit	4 LASAGNA ROLL-UPS WITH MARINARA Mixed Vegetables Fruit	5 ROAST BEEF WITH MASHED POTATOES & GRAVY Broccoli Fruit	6 ROSEMARY CHICKEN Whipped Sweet Potatoes Mixed Vegetables Fruit	7 HUNGARIAN GOULISH Brussels Sprouts Pudding
8 LEMON GARLIC FISH Mashed Potatoes Peas & Carrots Cookie	9 SPINACH BEEF MACARONI BAKE Green Beans Fruit Cake	10 HONEY MUSTARD CHICKEN Rice Zucchini & Tomatoes Fruit	11 ROAST BEEF & MASHED POTATOES WITH GRAVY Broccoli Pudding	12 MAC & CHEESE Stewed Tomatoes Brownie	13 BEEF TIPS & GRAVY OVER EGG NOODLES Carrots Fruit Pudding	14 POTATO CRUNCH FISH Mashed Potatoes Green Beans Fruit Cookie
15 CHICKEN CACCIATORE Penne Pasta Mixed Vegetables Pudding	16 HAM & BEAN CASSEROLE Green Beans Fruit	17 ROAST PORK & GRAVY Mashed Sweet Potatoes Mixed Vegetables Fruit	18 SHEPHERD'S PIE Green Beans Fruit	19 SWISS CHEESEBURGER Roasted Potatoes Peas & Carrots Cookies	20 CHICKEN WITH PEACH SAUCE Brown Rice Broccoli Yogurt	21 PEPPER STEAK Mashed Potatoes Peas & Carrots Fruit
22 CHILI CON CARNE Mixed Vegetables Pudding	23 BAKED FISH Rice Zucchini & Tomatoes Cookie	24 ROASTED TURKEY WITH GRAVY AND MASHED POTATOES Stuffing & Peas Cranberry Sauce	25 CHICKEN JAMBALAYA WITH SAUSAGE Green Beans Brownie	26 MEATLESS BAKED ZITI Mixed Vegetables Pudding	27 AMERICAN GOULASH Peas & Carrots Apricots	28 ITALIAN HERBED CHICKEN Whipped Sweet Potatoes Broccoli Cookie
29 MEAT SAUCE OVER PENNE PASTA Mixed Vegetables Cake	30 BBQ CHICKEN Roasted Sweet Potatoes Mixed Vegetables Fruit					