


December 2021 Home Delivered Meals - Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 TUNA SALAD SANDWICH Broccoli Salad Fruit	2 EGG SALAD SANDWICH Carrot & Raisin Salad Cookie	3 SWISS CHEESE SANDWICH Pasta Salad Fruit	4 COTTAGE CHEESE WITH PEACHES Broccoli Salad Pudding	5 TURKEY SANDWICH Potato Salad Fruit Cookies
		6 HAM & SWISS CHEESE SANDWICH Three Bean Salad Fruit Cookies	7 TURKEY SANDWICH Coleslaw Fruit Pudding	8 COTTAGE CHEESE WITH PINEAPPLE Pasta Salad Fruit	9 CHICKEN SALAD SANDWICH Carrot & Raisin Salad Fruit	10 EGG SALAD SANDWICH Pickled Beet Salad Fruit Cookies
13 HAM & SWISS CHEESE SANDWICH Fruit Brownie	14 COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad Pudding	15 TUNA SALAD PLATE Chickpea Salad Fruit	16 TURKEY SANDWICH Carrot & Raisin Salad Applesauce	17 BLT PASTA SALAD WITH CHICKEN Fruit Cake	18 ROAST BEEF SANDWICH Coleslaw Fruit Cookies	19 CHICKEN CURRY SALAD SANDWICH Carrot & Pineapple Salad Fruit Cookie
20 SWISS CHEESE SANDWICH Pickled Beets Cookies	21 EGG SALAD SANDWICH Carrot & Pineapple Salad Cookies	22 ROAST BEEF SANDWICH Broccoli Salad Fruit Cookie	23 TUNA SANDWICH Carrot & Raisin Salad Fruit	24 MANDARIN ORANGE CHICKEN SALAD Red Cabbage Slaw Yogurt	25 COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad Cookies	26 HAM & SWISS CHEESE SANDWICH Coleslaw Fruit
27 MEATLOAF SANDWICH Three Bean Salad Fruit Cookie	28 SWISS CHEESE SANDWICH Potato Salad Raisins	29 COTTAGE CHEESE & HARD BOILED EGG Carrot & Raisin Salad Cookie	30 BLT PASTA SALAD WITH CHICKEN Applesauce	31 HAM SANDWICH Broccoli Salad Pudding	