



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>January 2022 Home Delivered Meals Cold Menu a LifePath and Albany County Department for Aging Nutrition Program</p>					1 ROAST BEEF SANDWICH Fruit Cookies	2 TUNA SALAD SANDWICH Potato Salad Cookies
3 COTTAGE CHEESE WITH PINEAPPLE Beet & Mandarin Orange Salad Cookie	4 CHICKEN SALAD SANDWICH Cucumber & Tomato Salad Fruit	5 TUNA SALAD SANDWICH Coleslaw Fruit Cake	6 TURKEY SANDWICH Three Bean Salad Yogurt	7 EGG SALAD SANDWICH Pasta Salad Cookies	8 HAM & SWISS CHEESE SANDWICH Carrot & Pineapple Salad Pudding	9 ROAST BEEF SANDWICH Three Bean Salad Applesauce Cookies
10 HAM & SWISS CHEESE SANDWICH Coleslaw Fruit Applesauce	11 MEATLOAF SANDWICH Macaroni Salad Applesauce Cookies	12 TUNA SALAD SANDWICH Broccoli Salad Fruit	13 EGG SALAD SANDWICH Carrot & Raisin Salad Cookie	14 SWISS CHEESE SANDWICH Pasta Salad Fruit	15 COTTAGE CHEESE WITH PEACHES Broccoli Salad Pudding	16 TURKEY SANDWICH Potato Salad Fruit Cookies
17 HAM & SWISS CHEESE SANDWICH Three Bean Salad Fruit Cookies	18 TURKEY SANDWICH Coleslaw Fruit Pudding	19 COTTAGE CHEESE WITH PINEAPPLE Pasta Salad Fruit	20 CHICKEN SALAD SANDWICH Carrot & Raisin Salad Fruit	21 EGG SALAD SANDWICH Pickled Beet Salad Fruit Cookies	22 TUNA SALAD SANDWICH Carrot & Raisin Salad Fruit	23 ROAST BEEF SANDWICH Tomato & Cucumber Salad Pudding
24 HAM & SWISS CHEESE SANDWICH Fruit Brownie	25 COTTAGE CHEESE WITH PINEAPPLE Three Bean Salad Pudding	26 TUNA SALAD PLATE Chickpea Salad Fruit	27 TURKEY SANDWICH Carrot & Raisin Salad Applesauce	28 BLT PASTA SALAD WITH CHICKEN Fruit Cake	29 ROAST BEEF SANDWICH Coleslaw Fruit Cookies	30 CHICKEN CURRY SALAD SANDWICH Carrot & Pineapple Salad Fruit Cookie
31 SWISS CHEESE SANDWICH Pickled Beets Cookies	 <p>HAPPY New Year 2022!</p>					