


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>January 2022 Home Delivered Meals Hot Menu</b> a LifePath and Albany County Department for Aging Nutrition Program			<b>1</b> <b>CHICKEN WITH PEACH SAUCE</b> Brown Rice Broccoli Yogurt	<b>2</b> <b>PEPPER STEAK</b> Mashed Potatoes Peas & Carrots Fruit
<b>3</b> <b>CHILI CON CARNE</b> Mixed Vegetables Pudding	<b>4</b> <b>BAKED FISH</b> Rice Zucchini & Tomatoes Cookie	<b>5</b> <b>SOUTHWESTERN CASSEROLE</b> Parsley Carrots Fruit Cake	<b>6</b> <b>CHICKEN JAMBALAYA WITH SAUSAGE</b> Green Beans Brownie	<b>7</b> <b>MEATLESS BAKED ZITI</b> Mixed Vegetables Pudding	<b>8</b> <b>AMERICAN GOULASH</b> Peas & Carrots Apricots	<b>9</b> <b>ITALIAN HERBED CHICKEN</b> Whipped Sweet Potatoes Broccoli Cookie
<b>10</b> <b>MEAT SAUCE OVER PENNE PASTA</b> Mixed Vegetables Cake	<b>11</b> <b>BBQ CHICKEN</b> Roasted Sweet Potatoes Mixed Vegetables Fruit	<b>12</b> <b>MEXICAN BEEF &amp; RICE CASSEROLE</b> Mixed Vegetables Applesauce	<b>13</b> <b>CHICKEN TETRAZZINI</b> Beets Fruit	<b>14</b> <b>BAKED FISH</b> Mashed Potatoes Zucchini & Tomatoes Pudding	<b>15</b> <b>SPANISH RICE</b> Carrots Fruit	<b>16</b> <b>TUNA NOODLE CASSEROLE</b> Green Beans Fruit Cookies
<b>17</b> <b>CURRY CHICKEN</b> Rice Cauliflower Cookies	<b>18</b> <b>BEEF TIPS OVER MASHED POTATOES</b> Carrots Fruit	<b>19</b> <b>SWEET &amp; SOUR CHICKEN</b> Rice Broccoli Fruit	<b>20</b> <b>MEATLOAF &amp; GRAVY</b> Mashed Sweet Potatoes Green Beans Applesauce	<b>21</b> <b>POTATO CRUNCH FISH</b> Roasted Potatoes Brussels Sprouts Cake	<b>22</b> <b>BEEF STROGANOFF</b> Brussel Sprouts Cookie	<b>23</b> <b>CHICKEN &amp; RICE</b> Peas Fruit
<b>24</b> <b>MAC &amp; CHEESE</b> Stewed Tomatoes Fruit Cookie	<b>25</b> <b>CHICKEN TERIYAKI</b> Rice Asian Vegetables Fruit Cake	<b>26</b> <b>PORK ROAST &amp; GRAVY</b> Roasted Sweet Potatoes Peas & Carrots Fruit	<b>27</b> <b>LASAGNA ROLL-UPS WITH MARINARA</b> Mixed Vegetables Fruit	<b>28</b> <b>ROAST BEEF WITH MASHED POTATOES &amp; GRAVY</b> Broccoli Fruit	<b>29</b> <b>ROSEMARY CHICKEN</b> Whipped Sweet Potatoes Mixed Vegetables Fruit	<b>30</b> <b>HUNGARIAN GOULISH</b> Brussels Sprouts Pudding
<b>31</b> <b>BAKED FISH</b> Mashed Potatoes Peas & Carrots Cookie	