

April 2022 Home Delivered Meals Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>All meals provide ½ pint 1% milk, bread and butter bpread, appropriate starch and vegetable, and dessert. Lower sodium, no added salt products used. Whole wheat and other whole grain products used. Most fruits in juice or unsweetened. Most items are subject to last minute substitutions.</p>				1 EGG SALAD SANDWICH	2 CHICKEN SALAD SANDWICH	3 TURKEY SANDWICH
4 HAM & SWISS CHEESE SANDWICH	5 TUNA SALAD PLATE	6 COTTAGE CHEESE WITH PINEAPPLE	7 TURKEY SANDWICH	8 EGG SALAD SANDWICH	9 ROAST BEEF SANDWICH	10 PEANUT BUTTER ON BAGEL
11 SWISS CHEESE SANDWICH	12 ROAST BEEF SANDWICH	13 EGG SALAD SANDWICH	14 CHICKEN SALAD SANDWICH	15 PEANUT BUTTER SANDWICH	16 COTTAGE CHEESE WITH PINEAPPLE	17 TURKEY & SWISS CHEESE SANDWICH
18 MEATLOAF SANDWICH	19 TUNA SALAD SANDWICH	20 COTTAGE CHEESE WITH HARD BOILED EGG	21 BLT PASTA SALAD WITH CHICKEN	22 SWISS CHEESE SANDWICH	23 ROAST BEEF SANDWICH	24 HAM SALAD SANDWICH
25 PEANUT BUTTER & JELLY SANDWICH	26 TUNA SALAD SANDWICH	27 CHICKEN SALAD SANDWICH	28 EGG SALAD PLATE	29 COTTAGE CHEESE WITH PEACHES	30 HAM & SWISS CHEESE SANDWICH	