



Supportive Services for Older Adults

# April 2022 Home Delivered Meals Hot 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 bread, 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<br><b>TUNA NOODLE<br/>CASSEROLE</b>          | 2<br><b>BEEF STROGANOFF<br/>OVER EGG NOODLES</b> | 3<br><b>CHICKEN &amp; RICE</b>            |
| 4<br><b>SEAFOOD<br/>MAC &amp; CHEESE</b>  | 5<br><b>SAUSAGE &amp; PEPPERS<br/>WITH ONIONS</b>        | 6<br><b>CHICKEN TERIYAKI</b>                             | 7<br><b>SWEDISH<br/>MEATBALLS WITH<br/>GRAVY</b>    | 8<br><b>LASAGNA ROLL-UPS<br/>WITH MARINARA</b> | 9<br><b>ROSEMARY<br/>CHICKEN</b>                 | 10<br><b>HUNGARIAN<br/>GOULASH</b>        |
| 11<br><b>LEMON GARLIC<br/>FISH</b>  | 12<br><b>CHICKEN ALA<br/>ORANGE</b>                      | 13<br><b>MEATLOAF WITH<br/>TOMATO GRAVY</b>              | 14<br><b>HOT TURKEY<br/>SANDWICH WITH<br/>GRAVY</b> | 15<br><b>MAC &amp; CHEESE</b>                  | 16<br><b>BEEF TIPS WITH<br/>GRAVY</b>            | 17<br><b>HAM &amp; BEAN<br/>CASSEROLE</b> |
| 18<br><b>CHICKEN BROCCOLI<br/>ALFREDO</b>   | 19<br><b>SWISS<br/>CHEESEBURGER</b>                      | 20<br><b>ROAST PORK<br/>WITH GRAVY</b>                   | 21<br><b>PEPPER STEAK</b>                           | 22<br><b>BAKED FISH WITH<br/>TARTAR SAUCE</b>  | 23<br><b>CHICKEN WITH<br/>PEACH SAUCE</b>        | 24<br><b>BAKED CHICKEN<br/>WITH GRAVY</b> |
| 25<br><b>MEATLESS<br/>BAKED ZITI</b>  | 26<br><b>BAKED CHICKEN<br/>WITH LEMON HERB<br/>SAUCE</b> | 27<br><b>SALISBURY STEAK<br/>WITH MUSHROOM<br/>GRAVY</b> | 28<br><b>BAKED HAM WITH<br/>PINEAPPLE</b>           | 29<br><b>POTATO<br/>CRUNCH FISH</b>            | 30<br><b>AMERICAN<br/>GOULASH</b>                |   |