

July 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 spread, 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 HAM SANDWICH	2 COTTAGE CHEESE WITH HARD BOILED EGG	3 TURKEY SANDWICH
4 ROAST BEEF SANDWICH	5 SOUTHWESTERN CHICKEN & ORZO SALAD	6 TUNA SALAD SANDWICH	7 TURKEY SANDWICH	8 EGG SALAD SANDWICH	9 CURRY CHICKEN SALAD SANDWICH	10 SWISS CHEESE SANDWICH
11 TURKEY SANDWICH	12 HAM SANDWICH	13 TUNA SALAD SANDWICH	14 BLT PASTA SALAD WITH CHICKEN	15 MEATLOAF SANDWICH	16 CHICKEN SALAD SANDWICH	17 COTTAGE CHEESE WITH PEACHES
18 EGG SALAD SANDWICH	19 TUNA SALAD SANDWICH	20 COTTAGE CHEESE WITH HARD BOILED EGG	21 CURRY CHICKEN SALAD SANDWICH	22 SILCED HAM & SWISS CHEESE SANDWICH	23 ROAST BEEF SANDWICH	24 BLT PASTA SALAD WITH CHICKEN
25 HAM & SWISS CHEESE SANDWICH	26 MEATLOAF SANDWICH	27 ROAST BEEF SANDWICH	28 COTTAGE CHEESE WITH HARD BOILED EGG	29 BLT PASTA SALAD WITH CHICKEN	30 SWISS CHEESE SANDWICH	31 TUNA SALAD SANDWICH