

July 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 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 LASAGNA ROLL-UPS	2 AMERICAN GOULASH	3 POTATO CRUNCH FISH
4 LEMON GARLIC BAKED FISH	5 BEEF TIPS WITH GRAVY	6 BBQ CHICKEN	7 ROAST PORK WITH RASPBERRY GLAZE	8 CHICKEN TIKKA MASALA	9 PEPPER STEAK	10 CHICKEN WITH HONEY LEMON GARLIC GLAZE
11 MEATBALLS WITH MARINARA	12 BEEF & BROCCOLI	13 CHEESE TORTELLINI	14 SWISS CHEESEBURGER	15 SWEET & SOUR CHICKEN	16 BBQ PULLED PORK	17 LASAGNA ROLL-UPS
18 CHICKEN PRIMAVERA	19 MAC & CHEESE	20 SOUTHWEST CHICKEN	21 BBQ PULLED PORK	22 MEATLOAF WITH GRAVY	23 CHICKEN CACCIATORE	24 MEATBALLS WITH MARINARA
25 CUBAN PICADILLO	26 BBQ CHICKEN	27 CHICKEN CHILI	28 POTATO CRUNCH FISH	29 SWISS CHEESEBURGER	30 SWEET & SOUR CHICKEN	31 SPANISH RICE