

# August 2022 Home Delivered Meals Hot Menu

a LifePath and Albany County Department for Aging Nutrition Program

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