



Supportive Services for Older Adults

September 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 CHICKEN SALAD SANDWICH	2 TUNA SALAD SANDWICH	3 COTTAGE CHEESE WITH PINEAPPLE	4 SWISS CHEESE SANDWICH
5 HAM & SWISS CHEESE SANDWICH	6 TURKEY MEATLOAF SANDWICH	7 COTTAGE CHEESE WITH HARD BOILED EGG	8 BLT PASTA SALAD WITH CHICKEN	9 SWISS CHEESE SANDWICH	10 ROAST BEEF SANDWICH	11 TUNA SALAD SANDWICH
12 TURKEY MEATLOAF SANDWICH	13 CHICKEN SALAD SANDWICH	14 COTTAGE CHEESE WITH PEACHES	15 TUNA SALAD SANDWICH	16 EGG SALAD PLATE	17 HAM & SWISS CHEESE SANDWICH	18 ROAST BEEF SANDWICH
19 PEANUT BUTTER & JELLY SANDWICH	20 HAM & SWISS SANDWICH	21 TUNA SALAD SANDWICH	22 SWISS CHEESE SANDWICH	23 EGG SALAD SANDWICH	24 COTTAGE CHEESE WITH PEACHES	25 TURKEY SANDWICH
26 SWISS CHEESE SANDWICH	27 ROAST BEEF & SWISS CHEESE SANDWICH	28 COTTAGE CHEESE WITH PINEAPPLE	29 CHICKEN SALAD SANDWICH	30 EGG SALAD SANDWICH		