

September 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 TURKEY MEATLOAF WITH TOMATO GRAVY	2 AMERICAN GOULASH	3 BEEF TIPS WITH GRAVY	4 HAM & BEAN CASSEROLE
5 SWISS CHEESEBURGER	6 CHICKEN CACCIATORE	7 BEEF & VEGGIE STIR FRY	8 ROAST PORK WITH GRAVY	9 LASAGNA ROLL-UPS	10 MACARONI & CHEESE	11 TURKEY MEATLOAF WITH TOMATO GRAVY
12 MEXICAN BEEF & RICE CASSEROLE	13 LEMON HERBED BAKED FISH	14 BEEF TIPS WITH GRAVY	15 MEATLESS BAKED ZITI	16 ROAST TURKEY WITH GRAVY	17 PEPPER STEAK	18 CHICKEN CACCIATORE
19 CHICKEN TETRAZZINI	20 HERBED CHICKEN WITH GRAVY	21 BBQ PULLED PORK	22 SPANISH RICE WITH BEANS	23 LEMON OREGANO FISH	24 BEEF TIPS WITH GRAVY	25 MEXICAN BEEF & RICE CASSEROLE
26 CHICKEN PESTO BAKE	27 POTATO CRUNCH FISH	28 SWEET & SOUR PORK	29 PENNE WITH MEAT SAUCE	30 ROAST BEEF WITH MUSHROOM GRAVY		