

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Supportive Services for Older Adults

# November 2022 Home Delivered Meals

## Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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