

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Supportive Services for Older Adults

# November 2022 Home Delivered Meals

## Hot Menu

a LifePath and Albany County Department for Aging Nutrition Program

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