

## December 2022 Home Delivered Meals Hot Menu

a LifePath and Albany County Department for Aging Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 <b>ROAST BEEF WITH GRAVY</b>	2 <b>LEMON OREGANO FISH</b>	3 <b>MEATLOAF WITH GRAVY</b>	4 <b>LASAGNA ROLL-UPS WITH MARINARA</b>
5 <b>CHICKEN CACCIATORE</b>	6 <b>HAM &amp; BEAN CASSEROLE</b>	7 <b>ROAST PORK WITH GRAVY</b>	8 <b>SHEPHERD'S PIE</b>	9 <b>SWISS CHEESEBURGER</b>	10 <b>MACARONI &amp; CHEESE</b>	11 <b>SPINACH BEEF MACARONI BAKE</b>
12 <b>CHILI CON CARNE</b>	13 <b>CHICKEN &amp; RICE</b>	14 <b>TUNA NOODLE CASSEROLE</b>	15 <b>ROAST PORK WITH RASPBERRY GLAZE</b>	16 <b>MEATLESS BAKED ZITI</b>	17 <b>CHICKEN CACCIATORE</b>	18 <b>HAM &amp; BEAN CASSEROLE</b>
19 <b>PENNE PASTA WITH MEAT SAUCE</b>	20 <b>BBQ CHICKEN</b>	21 <b>MEXICAN BEEF &amp; RICE CASSEROLE</b>	22 <b>CHICKEN TETRAZZINI</b>	23 <b>LEMON OREGANO FISH</b>	24 <b>CHILI CON CARNE</b>	25 <b>ROAST PORK WITH RASPBERRY GLAZE</b>
26 <b>LASAGNA ROLL-UPS WITH MARINARA</b>	27 <b>POTATO CRUNCH FISH</b>	28 <b>BBQ PULLED PORK</b>	29 <b>MEATLOAF WITH GRAVY</b>	30 <b>CHEESE TORTELLINI</b>	31 <b>CHICKEN TETRAZZINI</b>	

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.