

December 2022 Home Delivered Meals Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 SEAFOOD SALAD SANDWICH	2 MANDARIN ORANGE CHICKEN SALAD SANDWICH	3 COTTAGE CHEESE WITH PINEAPPLE	4 HAM & SWISS CHEESE SANDWICH
5 MEATLOAF SANDWICH	6 SWISS CHEESE SANDWICH	7 COTTAGE CHEESE WITH HARD BOILED EGG	8 BLT PASTA SALAD WITH CHICKEN	9 HAM SANDWICH	10 ROAST BEEF SANDWICH	11 TUNA SALAD SANDWICH
12 COTTAGE CHEESE WITH PINEAPPLE	13 SWISS CHEESE SANDWICH	14 TURKEY SANDWICH	15 CURRY CHICKEN SALAD SANDWICH	16 EGG SALAD SANDWICH	17 HAM & SWISS CHEESE SANDWICH	18 ROAST BEEF SANDWICH
19 HAM & SWISS CHEESE SANDWICH	20 MEATLOAF SANDWICH	21 TUNA SALAD SANDWICH	22 EGG SALAD SANDWICH	23 SWISS CHEESE SANDWICH	24 COTTAGE CHEESE WITH PEACHES	25 TURKEY SANDWICH
26 TUNA FISH	27 PEANUT BUTTER & JELLY SANDWICH	28 COTTAGE CHEESE WITH PINEAPPLE	29 CHICKEN SALAD SANDWICH	30 EGG SALAD SANDWICH	31 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.