

February 2023 Home Delivered Meals Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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

February 2023 Home Delivered Meals Hot Menu

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

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