

March 2023 Home Delivered Meals Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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

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Hot Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 MEATLOAF WITH TOMATO GRAVY	2 HOT OPEN FACED TURKEY SANDWICH WITH GRAVY	3 MACARONI & CHEESE	4 LASAGNA ROLL-UP	5 SPANISH RICE
6 CHICKEN BROCCOLI ALFREDO	7 SWISS CHEESEBURGER	8 ROAST PORK WITH GRAVY	9 PEPPER STEAK	10 BAKED FISH WITH TARTAR SAUCE	11 SLOPPY JOE	12 SEAFOOD MACARONI & CHEESE
13 AMERICAN GOULASH	14 LEMON HERB BAKED CHICKEN	15 SALISBURY STEAK WITH MUSHROOMS	16 BAKED HAM WITH CRUSHED PINEAPPLE	17 POTATO CRUNCH FISH	18 CHICKEN ALA KING	19 MEATLOAF WITH GRAVY
20 MEATBALLS WITH MARINARA	21 LASAGNA ROLL-UP	22 SPANISH RICE	23 CHICKEN MARSALA	24 BBQ PULLED PORK	25 PEPPER STEAK	26 SWISS CHEESEBURGER
27 SEAFOOD MACARONI & CHEESE	28 SLOPPY JOE	29 ROAST TURKEY WITH GRAVY	30 SAUSAGE & PEPPERS	31 SWEDISH MEATBALLS WITH GRAVY		

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.