

# May 2023 Home Delivered Meals

## Hot Menu

a LifePath and Albany County Department for Aging Nutrition Program

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

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.

## May 2023 Home Delivered Meals Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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