

August 2023 Home Delivered Meals

Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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

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 PENNE PASTA WITH MEAT SAUCE	2 HOT OPEN FACED TURKEY SANDWICH WITH GRAVY	3 LEMON GARLIC FISH	4 SALISBURY STEAK WITH MUSHROOM GRAVY	5 CHICKEN CACCITORE	6 MACARONI & CHEESE
7 CHEESE TORTELLINI	8 SWISS CHEESEBURGER	9 CHICKEN CHILI	10 BARBEQUE PULLED PORK	11 LEMON GARLIC BAKED FISH	12 MEATLOAF WITH GRAVY	13 LASAGNA ROLL-UPS
14 CHICKEN PAELLA	15 TURKEY BOLOGNESE	16 POTATO CRUNCH FISH	17 PENNE PASTA WITH MEATBALLS	18 ROAST PORK WITH RASPBERRY GLAZE	19 CHICKEN CHOW MEIN	20 AMERICAN GOULASH
21 BAKED FISH WITH LEMON HERB SAUCE	22 MACARONI & CHEESE	23 BAKED HAM WITH CRUSHED PINEAPPLE	24 CHICKEN CACCIATORE	25 MEATLOAF WITH GRAVY	26 SWISS CHEESEBURGER	27 CHICKEN CHILI
28 LASAGNA ROLL-UPS	29 SLOPPY JOE	30 TUNA NOODLE CASSEROLE	31 HONEY MUSTARD CHICKEN			

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.