



September 2023 Home Delivered Meals

Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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

September 2023 Home Delivered Meals Hot Menu

a LifePath and Albany County Department for Aging Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 AMERICAN GOULASH	2 CHICKEN TETRAZZINI	3 BBQ PULLED PORK
4 CHICKEN CACCIATORE	5 LASAGNA ROLLUPS	6 SPANISH RICE & BEANS	7 ROAST PORK WITH GRAVY	8 BAKED FISH WITH LEMON	9 TUNA NOODLE CASSEROLE	10 SHEPHERD'S PIE
11 PENNE WITH MEAT SAUCE	12 HERBED CHICKEN WITH GRAVY	13 ROAST TURKEY WITH GRAVY	14 MEXICAN BEEF AND RICE CASSEROLE	15 MEATLESS BAKED ZITI	16 MAC & CHEESE	17 MEATLOAF WITH TOMATO GRAVY
18 CHICKEN TETRAZZINI	19 POTATO CRUNCH FISH	20 BBQ PULLED PORK	21 CHICKEN PESTO BAKE	22 ROAST BEEF W/GRAVY	23 SPANISH RICE & BEANS	24 CHICKEN CACCIATORE
25 SWISS CHEESE BURGER	26 HAM & BEAN CASSEROLE	27 TUNA NOODLE CASSEROLE	28 SHEPHERD'S PIE	29 CITRUS MARINATED CHICKEN	30 LASAGNA ROLLUPS	

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.