

October 2023 Home Delivered Meals

Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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

October 2023 Home Delivered Meals

Hot Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>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.</p>						<p>1 PENNE WITH MEAT SAUCE</p>
<p>2 MAC & CHEESE</p>	<p>3 CHICKEN CORDON BLEU</p>	<p>4 LEMON GARLIC FISH</p>	<p>5 MEATLOAF WITH GRAVY</p>	<p>6 AMERICAN GOULASH</p>	<p>7 CHICKEN TETRAZZINI</p>	<p>8 BBQ PULLED PORK</p>
<p>9 CHICKEN CACCIATORE</p>	<p>10 LASAGNA ROLLUPS</p>	<p>11 SPANISH RICE & BEANS</p>	<p>12 ROAST PORK WITH GRAVY</p>	<p>13 BAKED FISH WITH LEMON</p>	<p>14 TUNA NOODLE CASSEROLE</p>	<p>15 SHEPHERD'S PIE</p>
<p>16 PENNE WITH MEAT SAUCE</p>	<p>17 HERBED CHICKEN WITH GRAVY</p>	<p>18 ROAST TURKEY WITH GRAVY</p>	<p>19 MEXICAN BEEF AND RICE CASSEROLE</p>	<p>20 MEATLESS BAKED ZITI</p>	<p>21 MAC & CHEESE</p>	<p>22 MEATLOAF WITH TOMATO GRAVY</p>
<p>23 CHICKEN TETRAZZINI</p>	<p>24 POTATO CRUNCH FISH</p>	<p>25 BBQ PULLED PORK</p>	<p>26 CHICKEN PESTO BAKE</p>	<p>27 ROAST BEEF W/GRAVY</p>	<p>28 SPANISH RICE & BEANS</p>	<p>29 CHICKEN CACCIATORE</p>
<p>30 SWISS CHEESE BURGER</p>	<p>31 HAM & BEAN CASSEROLE</p>					