



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



# November 2023 Home Delivered Meals

## Hot 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>						
		1 TUNA NOODLE CASSEROLE	2 SHEPHERD'S PIE	3 CITRUS MARINATED CHICKEN	4 LASAGNA ROLL UPS	5 PENNE WITH MEATSAUCE
6 MAC & CHEESE	7 CHICKEN CORDON BLEU	8 LEMON GARLIC FISH	9 MEATLOAF WITH TOMATO GRAVY	10 AMERICAN GOULASH	11 CHICKEN TETRAZZINI	12 BBQ PULLED PORK
13 CHICKEN CACCIATORE	14 LASAGNA ROLLUPS	15 SPANISH RICE & BEANS	16 ROAST PORK WITH GRAVY	17 BAKED FISH WITH LEMON	18 TUNA NOODLE CASSEROLE	19 SHEPHERD'S PIE
20 PENNE WITH MEAT SAUCE	21 HERBED CHICKEN WITH GRAVY	22 ROAST TURKEY WITH GRAVY	23 MEXICAN BEEF AND RICE CASSEROLE	24 MEATLESS BAKED ZITI	25 MAC & CHEESE	26 MEATLOAF WITH TOMATO GRAVY
27 CHICKEN TETRAZZINI	28 POTATO CRUNCH FISH	29 BBQ PULLED PORK	30 CHICKEN PESTO BAKE			