

# December 2023 Home Delivered Meals

## Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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

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## Hot Menu

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				1 SWISS CHEESEBURGER	2 CHICKEN CACCIATORE	3 SPANISH RICE WITH BAKED BEANS
4 PENNE PASTA WITH MEAT SAUCE	5 HAM & BEAN CASSEROLE	6 ROAST PORK WITH GRAVY	7 SHEPHERD'S PIE	8 ROAST TURKEY WITH GRAVY	9 LASAGNA ROLL-UPS WITH MARINARA	10 BBQ PULLED PORK
11 TUNA NOODLE CASSEROLE	12 CHICKEN & RICE	13 CHILI CON CARNE	14 ROAST PORK WITH RASPBERRY GLAZE	15 MEATLESS BAKED ZITI	16 SPINACH BEEF MACARONI BAKE	17 MACARONI & CHEESE
18 CHICKEN CACCIATORE	19 BBQ CHICKEN	20 SPANISH RICE WITH BEANS	21 CHICKEN TETRAZZINI	22 ROAST BEEF WITH GRAVY	23 PENNE PASTA WITH MEAT SAUCE	24 HAM & BEAN CASSEROLE
25 LASAGNA ROLL-UPS WITH MARINARA	26 POTATO CRUNCH FISH	27 CHEESE TORTELLINI	28 BAKED CHICKEN PESTO	29 BBQ PULLED PORK	30 TUNA NOODLE CASSEROLE	31 CHICKEN & RICE