

January 2024 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 EGG SALAD SANDWICH	2 PEANUT BUTTER & JELLY SANDWICH	3 ROAST BEEF SANDWICH	4 SEAFOOD SALAD SANDWICH	5 MANDARIN ORANGE CHICKEN SALAD SANDWICH	6 COTTAGE CHEESE & PINEAPPLE ON BED OF LETTUCE	7 HAM & SWISS CHEESE SANDWICH
8 TUNA MACARONI SALAD	9 TURKEY & SWISS CHEESE SANDWICH	10 COTTAGE CHEESE WITH HARD BOILED EGG	11 BLT CHICKEN PASTA SALAD	12 HAM SANDWICH	13 ROAST BEEF SANDWICH	14 TUNA SALAD SANDWICH
15 HAM & SWISS CHEESE SANDWICH	16 ROAST BEEF SANDWICH	17 TURKEY SANDWICH	18 CURRY CHICKEN SALAD SANDWICH	19 EGG SALAD SANDWICH	20 COTTAGE CHEESE WITH HARD BOILED EGG	21 BLT CHICKEN PASTA SALAD
22 TURKEY & SWISS CHEESE SANDWICH	23 MEATLOAF SANDWICH	24 TUNA SALAD SANDWICH	25 EGG SALAD SANDWICH	26 SWISS CHEESE SANDWICH	27 COTTAGE CHEESE WITH PEACHES	28 TURKEY SANDWICH
29 ROAST BEEF SANDWICH	30 HAM & SWISS CHEESE SANDWICH	31 CHICKEN SALAD SANDWICH				



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Hot Menu

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