

# February 2024 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>						
			<b>1</b> CHICKEN PESTO BAKE	<b>2</b> BBQ PULLED PORK	<b>3</b> TUNA NOODLE CASSEROLE	<b>4</b> CHICKEN & RICE
<b>5</b> MACARONI & CHEESE	<b>6</b> SPINACH BEEF MACARONI BAKE	<b>7</b> HONEY MUSTARD CHICKEN	<b>8</b> LEMON GARLIC FISH	<b>9</b> SWISS CHEESEBURGER	<b>10</b> CHICKEN CACCIATORE	<b>11</b> SPANISH RICE WITH BAKED BEANS
<b>12</b> PENNE PASTA WITH MEAT SAUCE	<b>13</b> HAM & BEAN CASSEROLE	<b>14</b> ROAST PORK WITH GRAVY	<b>15</b> SHEPHERD'S PIE	<b>16</b> ROAST TURKEY WITH GRAVY	<b>17</b> LASAGNA ROLL-UPS WITH MARINARA	<b>18</b> BBQ PULLED PORK
<b>19</b> TUNA NOODLE CASSEROLE	<b>20</b> CHICKEN & RICE	<b>21</b> CHILI CON CARNE	<b>22</b> ROAST PORK WITH RASPBERRY GLAZE	<b>23</b> MEATLESS BAKED ZITI	<b>24</b> SPINACH BEEF MACARONI BAKE	<b>25</b> MACARONI & CHEESE
<b>26</b> CHICKEN CACCIATORE	<b>27</b> BBQ CHICKEN	<b>28</b> SPANISH RICE WITH BAKED BEANS	<b>29</b> CHICKEN TETRAZZINI	ROAST BEEF WITH GRAVY	PENNE PASTA WITH MEAT SAUCE	HAM & BEAN CASSEROLE