

April 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>						
1 LEMON GARLIC FISH	2 CHICKEN ALA KING	3 MEATLOAF WITH TOMATO GRAVY	4 HOT OPEN FACED TURKEY SANDWICH WITH GRAVY	5 MACARONI & CHEESE	6 LASAGNA ROLL-UP	7 SPANISH RICE
8 CHICKEN BROCCOLI ALFREDO	9 SWISS CHEESEBURGER	10 ROAST PORK WITH GRAVY	11 PEPPER STEAK	12 BAKED FISH WITH TARTAR SAUCE	13 SLOPPY JOE	14 SEAFOOD MACARONI & CHEESE
15 AMERICAN GOULASH	16 LEMON HERB BAKED CHICKEN	17 SALISBURY STEAK WITH MUSHROOMS	18 BAKED HAM WITH CRUSHED PINEAPPLE	19 POTATO CRUNCH FISH	20 CHICKEN ALA KING	21 MEATLOAF WITH GRAVY
22 MEATBALLS WITH MARINARA	23 LASAGNA ROLL-UP	24 SPANISH RICE	25 CHICKEN MARSALA	26 BBQ PULLED PORK	27 PEPPER STEAK	28 SWISS CHEESEBURGER
29 SEAFOOD MACARONI & CHEESE	30 SLOPPY JOE					



April 2024 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 SWISS CHEESE SANDWICH	2 TUNA SALAD SANDWICH	3 CHICKEN SALAD SANDWICH	4 EGG SALAD SANDWICH	5 TURKEY & SWISS SANDWICH	6 COTTAGE CHEESE WITH PINEAPPLE	7 BLT PASTA SALAD WITH CHICKEN
8 MEATLOAF SANDWICH	9 ROAST BEEF SANDWICH	10 COTTAGE CHEESE WITH HARD BOILED EGG	11 BLT PASTA SALAD WITH CHICKEN	12 SWISS CHEESE SANDWICH	13 ROAST BEEF SANDWICH	14 HAM SALAD SANDWICH
15 TURKEY SANDWICH	16 CURRY CHICKEN SALAD SANDWICH	17 HAM AND SWISS SANDWICH	18 EGG SALAD SANDWICH	19 COTTAGE CHEESE WITH PEACHES	20 TUNA SALAD SANDWICH	21 ROAST BEEF SANDWICH
22 HAM AND SWISS SANDWICH	23 TURKEY SANDWICH	24 TUNA SANDWICH	25 ROAST BEEF & SWISS SANDWICH	26 CHICKEN WALDORF SALAD WITH WALNUTS	27 COTTAGE CHEESE WITH PEACHES	28 MEATLOAF SANDWICH
29 ROAST BEEF SANDWICH	30 COTTAGE CHEESE WITH PINEAPPLE					