



March 2024 Home Delivered Meals

Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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 TURKEY & SWISS SANDWICH	2 COTTAGE CHEESE WITH PINEAPPLE	3 BLT PASTA SALAD WITH CHICKEN
4 MEATLOAF SANDWICH	5 ROAST BEEF SANDWICH	6 COTTAGE CHEESE WITH HARD BOILED EGG	7 BLT PASTA SALAD WITH CHICKEN	8 SWISS CHEESE SANDWICH	9 ROAST BEEF SANDWICH	10 HAM SALAD SANDWICH
11 TURKEY SANDWICH	12 CURRY CHICKEN SALAD SANDWICH	13 HAM AND SWISS SANDWICH	14 EGG SALAD SANDWICH	15 COTTAGE CHEESE WITH PEACHES	16 TUNA SALAD SANDWICH	17 ROAST BEEF SANDWICH
18 HAM AND SWISS SANDWICH	19 TURKEY SANDWICH	20 TUNA SANDWICH	21 ROAST BEEF & SWISS SANDWICH	22 CHICKEN WALDORF SALAD WITH WALNUTS	23 COTTAGE CHEESE WITH PEACHES	24 MEATLOAF SANDWICH
25 ROAST BEEF SANDWICH	26 COTTAGE CHEESE WITH PINEAPPLE	27 TURKEY & SWISS CHEESE SANDWICH	28 SEAFOOD SALAD PLATE WITH LETTUCE	29 EGG SALAD SANDWICH	30 CHICKEN SALAD SANDWICH	Menu is subject to change without notice

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Hot Menu

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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 MACARONI & CHEESE	2 LASAGNA ROLL-UP	3 SPANISH RICE
4 CHICKEN BROCCOLI ALFREDO	5 SWISS CHEESEBURGER	6 ROAST PORK WITH GRAVY	7 PEPPER STEAK	8 BAKED FISH WITH TARTAR SAUCE	9 SLOPPY JOE	10 SEAFOOD MACARONI & CHEESE
11 AMERICAN GOULASH	12 LEMON HERB BAKED CHICKEN	13 SALISBURY STEAK WITH MUSHROOMS	14 BAKED HAM WITH CRUSHED PINEAPPLE	15 POTATO CRUNCH FISH	16 CHICKEN ALA KING	17 MEATLOAF WITH GRAVY
18 MEATBALLS WITH MARINARA	19 LASAGNA ROLL-UP	20 SPANISH RICE	21 CHICKEN MARSALA	22 BBQ PULLED PORK	23 PEPPER STEAK	24 SWISS CHEESEBURGER
25 SEAFOOD MACARONI & CHEESE	26 SLOPPY JOE	27 ROAST TURKEY WITH GRAVY	28 SAUSAGE & PEPPERS	29 SWEDISH MEATBALLS WITH GRAVY	30 AMERICAN GOULASH	Menu is subject to change without notice