

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

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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 MEATLOAF WITH GRAVY	2 LASAGNA ROLL-UPS
3 CHICKEN PAELLA	4 TURKEY BOLOGNESE	5 POTATO CRUNCH FISH	6 PENNE PASTA WITH MEATBALLS	7 ROAST PORK WITH RASPBERRY GLAZE	8 CHICKEN CHOW MEIN	9 AMERICAN GOULASH
10 BAKED FISH WITH LEMON HERB SAUCE	11 MACARONI & CHEESE	12 BAKED HAM WITH CRUSHED PINEAPPLE	13 CHICKEN CACCIATORE	14 MEATLOAF WITH GRAVY	15 SWISS CHEESEBURGER	16 CHICKEN CHILI
17 LASAGNA ROLL-UPS	18 SLOPPY JOE	19 TUNA NOODLE CASSEROLE	20 HONEY MUSTARD CHICKEN	21 AMERICAN GOULASH	22 TURKEY BOLGNESE	23 CHICKEN PAELLA
24 CHICKEN CHOW MEIN	25 PENNE PASTA WITH MEAT SAUCE	26 HOT OPEN FACED TURKEY SANDWICH WITH GRAVY	27 LEMON GARLIC FISH	28 SALISBURY STEAK WITH MUSHROOM GRAVY	29 CHICKEN CACCITORE	30 MACARONI & CHEESE