

July 2024 Home Delivered Meals

Hot 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 CHEESE TORTELLINI	2 SWISS CHEESEBURGER	3 HOT DOG & BAKED BEANS	4 BARBEQUE PULLED PORK	5 LEMON GARLIC BAKED FISH	6 MEATLOAF WITH GRAVY	7 LASAGNA ROLL-UPS
8 CHICKEN PAELLA	9 TURKEY BOLOGNESE	10 POTATO CRUNCH FISH	11 PENNE PASTA WITH MEATBALLS	12 ROAST PORK WITH RASPBERRY GLAZE	13 CHICKEN CHOW MEIN	14 AMERICAN GOULASH
15 BAKED FISH WITH LEMON HERB SAUCE	16 MACARONI & CHEESE	17 BAKED HAM WITH CRUSHED PINEAPPLE	18 CHICKEN CACCIATORE	19 MEATLOAF WITH GRAVY	20 SWISS CHEESEBURGER	21 CHICKEN CHILI
22 LASAGNA ROLL-UPS	23 SLOPPY JOE	24 TUNA NOODLE CASSEROLE	25 HONEY MUSTARD CHICKEN	26 AMERICAN GOULASH	27 TURKEY BOLGNESE	28 CHICKEN PAELLA
29 CHICKEN CHOW MEIN	30 PENNE PASTA WITH MEAT SAUCE	31 HOT OPEN FACED TURKEY SANDWICH WITH GRAVY				



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Cold Menu

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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 ROAST BEEF SANDWICH	2 TUNA SALAD SANDWICH	3 SOUTHWESTERN CHICKEN & ORZO SALAD	4 TURKEY SANDWICH	5 EGG SALAD SANDWICH	6 CURRY CHICKEN SALAD SANDWICH	7 SWISS CHEESE SANDWICH
8 TURKEY SANDWICH	9 HAM SANDWICH	10 MEATLOAF SANDWICH	11 BLT PASTA SALAD WITH CHICKEN	12 TUNA SALAD SANDWICH	13 COTTAGE CHEESE WITH PEACHES	14 CHICKEN SALAD SANDWICH
15 EGG SALAD SANDWICH	16 SEAFOOD SALAD SANDWICH	17 CURRY CHICKEN SALAD SANDWICH	18 HAM & SWISS CHEESE SANDWICH	19 COTTAGE CHEESE & HARD BOILED EGG	20 BLT PASTA SALAD WITH CHICKEN	21 ROAST BEEF SANDWICH
22 HAM & CHEESE SANDWICH	23 ROAST BEEF SANDWICH	24 MEATLOAF SANDWICH	25 COTTAGE CHEESE & HARD BOILED EGG	26 BLT PASTA SALAD WITH CHICKEN	27 SWISS CHEESE SANDWICH	28 TUNA SALAD SANDWICH
29 SWISS CHEESE SANDWICH	30 EGG SALAD SANDWICH	31 ROAST BEEF SANDWICH				