

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



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Cold Menu

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