



September 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 Swiss Cheese Sandwich
2 Chicken Salad Sandwich	3 Macaroni Salad with Tuna	4 Seafood Salad Plate	5 Chicken BLT Pasta Salad	6 Roast Beef Sandwich	7 Ham & Swiss Sandwich	8 Egg Salad Plate
9 Chicken Salad Sandwich	10 Meatloaf Sandwich	11 Cottage Cheese with Peaches	12 Turkey Sandwich	13 Egg Salad Plate	14 Roast Beef & Swiss Sandwich	15 Tuna Salad Sandwich
16 Peanut Butter & Jelly Sandwich	17 Chicken Salad Sandwich	18 Roast Beef Sandwich	19 Egg Salad Sandwich	20 Chicken Salad Plate	21 Turkey & Swiss Sandwich	22 Turkey Sandwich
23 Chicken BLT Pasta Salad	24 Meatloaf Sandwich	25 Turkey & Swiss Sandwich	26 Chicken Waldorf Salad with Walnuts	27 Cottage Cheese with Pineapple	28 Tuna Salad Sandwich	29 Roast Beef Sandwich
30 Roast Beef Sandwich						



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Hot Menu

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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 BBQ Pulled Pork
2 Chicken Cacciatore	3 Lasagna Roll-Up	4 Spanish Rice with Beans	5 Roast Pork with Gravy	6 Baked Fish wih Lemon Herb Sauce	7 Tuna Noodle Casserole	8 Shepherd’s Pie
9 Penne Pasta with Meat Sauce	10 Herbed Chicken with Gravy	11 Roast Turkey with Gravy	12 Mexican Beef & Rice Casserole with Beans	13 Meatless Baked Ziti	14 Macaroni & Cheese	15 Meatloaf with Tomato Gravy
16 Chicken Tetrizzini	17 Potato Crunch Fish	18 BBQ Pulled Pork	19 Chicken Pesto Bake	20 Roast Beef with Gravy	21 Spanish Rice with Beans	22 Chicken Cacciatore
23 Swiss Cheeseburger	24 Ham & Bean Casserole	25 Tuna Noodle Casserole	26 Shepherd’s Pie	27 Citrus Marinated Chicken	28 Lasagna Roll-Up	29 Penne with Meat Sauce
30 Macaroni & Cheese						