

# October 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 Egg Salad Sandwich	2 Turkey & Swiss Sandwich	3 Chicken Salad Sandwich	4 Tuna Salad Sandwich	5 Cottage Cheese with Pineapple	6 Swiss Cheese Sandwich
7 Chicken Salad Sandwich	8 Tuna Macaroni Salad	9 Seafood Salad Plate	10 B.L.T. Pasta Salad with Chicken	11 Roast Beef Sandwich	12 Ham & Swiss Cheese Sandwich	13 Egg Salad Plate
14 Chicken Salad Sandwich	15 Meatloaf Sandwich	16 Cottage Cheese with Peaches	17 Turkey Sandwich	18 Egg Salad Plate	19 Roast Beef & Swiss Cheese Sandwich	20 Tuna Salad Sandwich
21 Peanut Butter & Jelly Sandwich	22 Chicken Salad Sandwich	23 Roast Beef Sandwich	24 Egg Salad Sandwich	25 Chicken Salad Plate	26 Turkey & Swiss Cheese Sandwich	27 Turkey Sandwich
28 B.L.T. Pasta Salad with Chicken	29 Meatloaf Sandwich	30 Turkey & Swiss Cheese Sandwich	31 Chicken Waldorf Salad with Walnuts			

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## Hot 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>						
	<b>1</b> Chicken Cordon Bleu	<b>2</b> Lemon Garlic Fish	<b>3</b> Meatloaf with Gravy	<b>4</b> American Goulash	<b>5</b> Chicken Tetrizzini	<b>6</b> BBQ Pulled Pork
<b>7</b> Chicken Cacciatore	<b>8</b> Lasagna Roll Ups	<b>9</b> Spanish Rice with Beans	<b>10</b> Roast Pork with Gravy	<b>11</b> Baked Fish with Lemon Herb Sauce	<b>12</b> Tuna Noodle Casserole	<b>13</b> Shepard's Pie
<b>14</b> Penne with Meat Sauce	<b>15</b> Herbed Chicken with Gravy	<b>16</b> Roast Turkey with Gravy	<b>17</b> Mexican Beef & Rice Casserole with Beans	<b>18</b> Meatless Baked Ziti	<b>19</b> Mac & Cheese	<b>20</b> Meatloaf with Tomato Gravy
<b>21</b> Chicken Tetrizzini	<b>22</b> Potato Crunch Fish	<b>23</b> BBQ Pulled Pork	<b>24</b> Chicken Pesto Bake	<b>25</b> Roast Beef with Gravy	<b>26</b> Spanish Rice with Beans	<b>27</b> Chicken Cacciatore
<b>28</b> Swiss Cheeseburger	<b>29</b> Ham & Bean Casserole	<b>30</b> Tuna Noodle Casserole	<b>31</b> Shepard's Pie			