



November 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 Cottage Cheese with Pineapple	2 Tuna Salad Sandwich	3 Roast Beef Sandwich
4 Roast Beef Sandwich	5 Egg Salad Sandwich	6 Turkey & Swiss Cheese Sandwich	7 Chicken Salad Sandwich	8 Tuna Salad Sandwich	9 Cottage Cheese with Pineapple	10 Swiss Cheese Sandwich
11 Chicken Salad Sandwich	12 Tuna Macaroni Salad	13 Seafood Salad Plate	14 B.L.T. Pasta Salad with Chicken	15 Roast Beef Sandwich	16 Ham & Swiss Cheese Sandwich	17 Egg Salad Plate
18 Chicken Salad Sandwich	19 Meatloaf Sandwich	20 Cottage Cheese with Peaches	21 Egg Salad Sandwich	22 Egg Salad Plate	23 Roast Beef & Swiss Cheese Sandwich	24 Tuna Salad Sandwich
25 Peanut Butter & Jelly Sandwich	26 Chicken Salad Sandwich	27 Roast Beef Sandwich	28 Turkey Sandwich	29 Chicken Salad Plate	30 Turkey & Swiss Cheese 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 Citrus Marinated Chicken	2 Lasagna Roll Ups	3 Penne with Meat Sauce
4 Mac & Cheese	5 Chicken Cordon Bleu	6 Lemon Garlic Fish	7 Meatloaf with Gravy	8 American Goulash	9 Chicken Tetrazzini	10 BBQ Pulled Pork
11 Chicken Cacciatore	12 Lasagna Roll Ups	13 Spanish Rice with Beans	14 Roast Pork with Gravy	15 Baked Fish with Lemon Herb Sauce	16 Tuna Noodle Casserole	17 Shepherd's Pie
18 Penne with Meat Sauce	19 Herbed Chicken with Gravy	20 BBQ Pulled Pork	21 Mexican Beef & Rice Casserole with Beans	22 Meatless Baked Ziti	23 Mac & Cheese	24 Meatloaf with Tomato Gravy
25 Chicken Tetrazzini	26 Potato Crunch Fish	27 Roast Turkey with Gravy	28 Chicken Pesto Bake	29 Roast Beef with Gravy	30 Spanish Rice with Beans	