



December 2024 Home Delivered Meals

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>						<p>1 LASAGNA ROLL-UPS WITH MARINARA</p>
<p>2 LASAGNA ROLL-UPS WITH MARINARA</p>	<p>3 POTATO CRUNCH FISH</p>	<p>4 BBQ PULLED PORK</p>	<p>5 MEATLOAF WITH GRAVY</p>	<p>6 CHEESE TORTELLNI</p>	<p>7 CHICKEN TETRAZZINI</p>	<p>8 MEXICAN BEEF & RICE CASSEROLE</p>
<p>9 MACARONI & CHEESE</p>	<p>10 SPINACH BEEF MACARONI BAKE</p>	<p>11 HONEY MUSTARD CHICKEN</p>	<p>12 ROAST BEEF WITH GRAVY</p>	<p>13 LEMON GARLIC FISH</p>	<p>14 MEATLOAF WITH GRAVY</p>	<p>15 LASAGNA ROLL UPS</p>
<p>16 CHICKEN CACCITORE</p>	<p>17 HAM & BEAN CASSEROLE</p>	<p>18 ROAST PORK WITH GRAVY</p>	<p>19 SHEPHERD'S PIE</p>	<p>20 CHEESEBURGER</p>	<p>21 MAC & CHEESE</p>	<p>22 SPINACH BEEF MACARONI BAKE</p>
<p>23 CHILI CON CARNE</p>	<p>24 CHICKEN & RICE</p>	<p>25 TUNA NOODLE CASSEROLE</p>	<p>26 ROAST PORK WITH RASPBERRY GLAZE</p>	<p>27 MEATLESS BAKED ZITI</p>	<p>28 CHICKEN CACCITORE</p>	<p>29 HAM & BEAN CASSEROLE</p>
<p>30 PENNE PASTA WITH MEAT SAUCE</p>	<p>31 BBQ CHICKEN</p>					



December 2024 Home Delivered Meals

Cold 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>						<p>1 PEANUT BUTTER & JELLY SANDWICH</p>
<p>2 HAM & SWISS CHEESE SANDWICH</p>	<p>3 PEANUT BUTTER & JELLY SANDWICH</p>	<p>4 COTTAGE CHEESE WITH PINEAPPLE</p>	<p>5 CHICKEN SALAD SANDWICH</p>	<p>6 EGG SALAD SANDWICH</p>	<p>7 TUNA SALAD SANDWICH</p>	<p>8 ROAST BEEF SANDWICH</p>
<p>9 EGG SALAD SANDWICH</p>	<p>10 PEANUT BUTTER & JELLY SANDWICH</p>	<p>11 ROAST BEEF SANDWICH</p>	<p>12 SEAFOOD SALAD SANDWICH</p>	<p>13 MANDARIN ORANGE CHICKEN SALAD SANDWICH</p>	<p>14 COTTAGE CHEESE WITH PINEAPPLE</p>	<p>15 HAM & SWISS CHEESE SANDWICH</p>
<p>16 MEATLOAF SANDWICH</p>	<p>17 SWISS CHEESE SANDWICH</p>	<p>18 COTTAGE CHEESE WITH HARD BOILED EGG</p>	<p>19 BLT PASTA SALAD WITH CHICKEN</p>	<p>20 HAM SANDWICH</p>	<p>21 ROAST BEEF SANDWICH</p>	<p>22 TUNA SALAD SANDWICH</p>
<p>23 COTTAGE CHEESE WITH PINEAPPLE</p>	<p>24 SWISS CHEESE SANDWICH</p>	<p>25 TURKEY SANDWICH</p>	<p>26 CURRY CHICKEN SALAD SANDWICH</p>	<p>27 EGG SALAD SANDWICH</p>	<p>28 HAM & SWISS CHEESE SANDWICH</p>	<p>29 ROAST BEEF SANDWICH</p>
<p>30 HAM & SWISS CHEESE SANDWICH</p>	<p>31 MEATLOAF SANDWICH</p>					