

# January 2025 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 Tuna Salad Sandwich	2 Egg Salad Sandwich	3 Swiss Cheese Sandwich	4 Cottage Cheese with Pineapple	5 Turkey Sandwich
6 Ham & Swiss Cheese Sandwich	7 Peanut Butter & Jelly Sandwich	8 Cottage Cheese with Pineapple	9 Chicken Salad Sandwich	10 Egg Salad Sandwich	11 Tuna Salad Sandwich	12 Roast Beef Sandwich
13 Egg Salad Sandwich	14 Peanut Butter & Jelly Sandwich	15 Roast Beef Sandwich	16 Seafood Salad Sandwich	17 Mandarin Orange Chicken Salad Sandwich	18 Cottage Cheese with Pineapple	19 Ham & Swiss Sandwich
20 Meatloaf Sandwich	21 Swiss Cheese Sandwich	22 Cottage Cheese with Hard Boiled Egg	23 BLT Pasta Salad with Chicken	24 Ham Sandwich	25 Roast Beef Sandwich	26 Tuna Salad Sandwich
27 Cottage Cheese with Pineapple	28 Swiss Cheese Sandwich	29 Turkey Sandwich	30 Curry Chicken Salad Sandwich	31 Egg Salad Sandwich		

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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>						
		1 Mexican Beef & Rice Casserole	2 Chicken Tetrizzini	3 Lemon Oregano Fish	4 Chili Con Carne	5 Roast Pork with Raspberry Glaze
6 Lasagna Roll-Ups	7 Potato Crunch Fish	8 BBQ Pulled Pork	9 Meatloaf with Gravy	10 Cheese Tortellini	11 Chicken Tetrizzini	12 Mexican Beef & Rice Casserole
13 Macaroni & Cheese	14 Spinach Beef Macaroni Bake	15 Honey Mustard Chicken	16 Roast Beef with Gravy	17 Lemon Garlic Fish	18 Meatloaf with Gravy	19 Lasagna Roll Ups
20 Chicken Caccitore	21 Ham & Bean Casserole	22 Roast Pork with Gravy	23 Shepard's Pie	24 Swiss Cheeseburger	25 Mac & Cheese	26 Spinach Beef Macaroni Bake
27 Chili Con Carne	28 Chicken & Rice	29 Tuna Noodle Casserole	30 Roast Pork with Raspberry Glaze	31 Meatless Baked Ziti		