



February 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 Ham & Swiss Cheese Sandwich	2 Roast Beef Sandwich
3 Ham & Swiss Cheese Sandwich	4 Meatloaf Sandwich	5 Tuna Salad Sandwich	6 Egg Salad Sandwich	7 Swiss Cheese Sandwich	8 Cottage Cheese with Pineapple	9 Turkey Sandwich
10 Ham & Swiss Cheese Sandwich	11 Peanut Butter & Jelly Sandwich	12 Cottage Cheese with Pineapple	13 Chicken Salad Sandwich	14 Egg Salad Sandwich	15 Tuna Salad Sandwich	16 Roast Beef Sandwich
17 Egg Salad Sandwich	18 Peanut Butter & Jelly Sandwich	19 Roast Beef Sandwich	20 Seafood Salad Sandwich	21 Mandarin Orange Chicken Salad Sandwich	22 Cottage Cheese with Pineapple	23 Ham & Swiss Sandwich
24 Meatloaf Sandwich	25 Swiss Cheese Sandwich	26 Cottage Cheese with Hard Boiled Egg	27 BLT Pasta Salad with Chicken	28 Ham 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 Chili Con Carne	2 Roast Pork with Raspberry Glaze
3 Penne Pasta with Meat Sauce	4 BBQ Chicken	5 Mexican Beef & Rice Casserole	6 Chicken Tetrazzini	7 Lemon Oregano Fish	8 Chili Con Carne	9 Roast Pork with Raspberry Glaze
10 Lasagna Roll-Ups	11 Potato Crunch Fish	12 BBQ Pulled Pork	13 Meatloaf with Gravy	14 Cheese Tortellini	15 Chicken Tetrazzini	16 Mexican Beef & Rice Casserole
17 Macaroni & Cheese	18 Spinach Beef Macaroni Bake	19 Honey Mustard Chicken	20 Roast Beef with Gravy	21 Lemon Garlic Fish	22 Meatloaf with Gravy	23 Lasagna Roll Ups
24 Chicken Caccitore	25 Ham & Bean Casserole	26 Roast Pork with Gravy	27 Shepard's Pie	28 Swiss Cheeseburger		