



March 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 Cottage Cheese with Pineapple	2 BLT Pasta Salad with Chicken
3 Meatloaf Sandwich	4 Roast Beef Sandwich	5 Cottage Cheese with Hard Boiled Egg	6 BLT Pasta Salad with Chicken	7 Swiss Cheese Sandwich	8 Roast Beef Sandwich	9 Ham Salad Sandwich
10 Turkey Sandwich	11 Curry Chicken Salad Sandwich	12 Ham & Swiss Sandwich	13 Egg Salad Sandwich	14 Cottage Cheese with Peaches	15 Tuna Salad Sandwich	16 Roast Beef Sandwich
17 Ham & Swiss Sandwich	18 Turkey Sandwich	19 Tuna Salad Sandwich	20 Roast Beef & Swiss Sandwich	21 Chicken Waldorf Salad with Walnuts	22 Cottage Cheese with Peaches	23 Meatloaf Sandwich
24 Roast Beef Sandwich	25 Cottage Cheese with Pineapple	26 Turkey & Swiss Sandwich	27 Seafood Salad Plate	28 Egg Salad Sandwich	29 Chicken Salad Sandwich	30 Turkey Sandwich
31 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 Lasagna Roll Ups	2 Penne with Meatballs
3 Chicken Broccoli Alfredo	4 Swiss Cheeseburger	5 Roast Pork with Gravy	6 Pepper Steak	7 Baked Fish with Tartar Sauce	8 Sloppy Joe	9 Seafood Mac & Cheese
10 American Goulash	11 Chicken & Rice	12 Penne Pasta with Meat Sauce	13 Ham & Bean Casserole	14 Tuna Noodle Casserole	15 Chicken ala King	16 Meatloaf with Gravy
17 Chili Con Carne	18 Lasagna Roll Ups	19 Spanish Rice	20 Chicken Marsala	21 BBQ Pulled Pork	22 Pepper Steak	23 Swiss Cheeseburger
24 Seafood Mac & Cheese	25 Sloppy Joe	26 Roast Turkey with Gravy	27 Penne and Sauce with Sausage, Peppers & Onions	28 Swedish Meatballs	29 American Goulash	30 Baked Ham with Pineapple
31 Lemon Garlic Fish						