

April 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 Chicken Salad Sandwich	3 Egg Salad Sandwich	4 Turkey & Swiss Sandwich	5 Cottage Cheese with Pineapple	6 BLT Pasta Salad with Chicken
7 Meatloaf Sandwich	8 Roast Beef Sandwich	9 Cottage Cheese with Hard Boiled Egg	10 BLT Pasta Salad with Chicken	11 Swiss Cheese Sandwich	12 Roast Beef Sandwich	13 Ham Salad Sandwich
14 Turkey Sandwich	15 Curry Chicken Salad Sandwich	16 Ham & Swiss Sandwich	17 Egg Salad Sandwich	18 Cottage Cheese with Peaches	19 Tuna Salad Sandwich	20 Roast Beef Sandwich
21 Ham & Swiss Sandwich	22 Turkey Sandwich	23 Tuna Salad Sandwich	24 Roast Beef & Swiss Sandwich	25 Chicken Waldorf Salad with Walnuts	26 Cottage Cheese with Peaches	27 Meatloaf Sandwich
28 Roast Beef Sandwich	29 Cottage Cheese with Pineapple	30 Turkey & Swiss 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 Chicken ala King	2 Meatloaf with Gravy	3 Open-Faced Hot Turkey Sandwich	4 Mac & Cheese	5 Lasagna Roll Ups	6 Penne with Meatballs
7 Chicken Broccoli Alfredo	8 Swiss Cheeseburger	9 Roast Pork with Gravy	10 Pepper Steak	11 Baked Fish with Tartar Sauce	12 Sloppy Joe	13 Seafood Mac & Cheese
14 American Goulash	15 Lemon Herb Baked Chicken	16 Salisbury Steak with Mushroom Gravy	17 Baked Ham with Pineapple	18 Potato Crunch Fish	19 Chicken ala King	20 Meatloaf with Gravy
21 Penne with Meatballs	22 Lasagna Roll Ups	23 Spanish Rice	24 Chicken Marsala	25 BBQ Pulled Pork	26 Pepper Steak	27 Swiss Cheeseburger
28 Seafood Mac & Cheese	29 Sloppy Joe	30 Roast Turkey with Gravy				