

May 2025 Home Delivered Meals Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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

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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 Penne and Sauce with Sausage, Peppers & Onions	2 Swedish Meatballs	3 American Goulash	4 Baked Ham with Pineapple
5 Lemon Garlic Fish	6 Chicken ala King	7 Meatloaf with Gravy	8 Open-Faced Hot Turkey Sandwich	9 Mac & Cheese	10 Lasagna Roll Ups	11 Penne with Meatballs
12 Chicken Broccoli Alfredo	13 Swiss Cheeseburger	14 Roast Pork with Gravy	15 Pepper Steak	16 Baked Fish with Tartar Sauce	17 Sloppy Joe	18 Seafood Mac & Cheese
19 American Goulash	20 Lemon Herb Baked Chicken	21 Salisbury Steak with Mushroom Gravy	22 Baked Ham with Pineapple	23 Potato Crunch Fish	24 Chicken ala King	25 Meatloaf with Gravy
26 Penne with Meatballs	27 Lasagna Roll Ups	28 Spanish Rice	29 Chicken Marsala	30 BBQ Pulled Pork	31 Pepper Steak	