

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

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Hot 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 Lasagna Roll-Ups
2 Chicken Paella	3 American Goulash	4 Potato Crunch Fish	5 Penne Pasta with Meatballs	6 Baked Ham with Pineapple	7 Chicken Chow Mein	8 Penne Pasta with Meat Sauce
9 Baked Fish with Lemon Herb Sauce	10 Macaroni & Cheese	11 Roast Pork with Raspberry Sauce	12 Chicken Cacciatore	13 Meatloaf with Gravy	14 Chicken Chili	15 Swiss Cheeseburger
16 Sloppy Joe	17 Tuna Noodle Casserole	18 Honey Mustard Chicken	19 Lasagna Roll-Ups	20 Barbeque Pulled Chicken	21 American Goulash	22 Chicken Paella
23 Chicken Chow Mein	24 Penne Pasta with Meat Sauce	25 Chicken Ala Orange	26 Lemon Garlic Fish	27 Salisbury Steak with Mushroom Gravy	28 Macaroni and Cheese	29 Chicken Cacciatore
30 Cheese Tortellini						