

# July 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.						
	<b>1</b> Tuna Salad Sandwich	<b>2</b> Southwestern Chicken & Orzo Salad	<b>3</b> Turkey Sandwich	<b>4</b> Egg Salad Sandwich	<b>5</b> Curry Chicken Salad Sandwich	<b>6</b> Swiss Cheese Sandwich
<b>7</b> Turkey Sandwich	<b>8</b> Ham Sandwich	<b>9</b> Meatloaf Sandwich	<b>10</b> BLT Pasta Salad with Chicken	<b>11</b> Tuna Salad Sandwich	<b>12</b> Cottage Cheese with Peaches	<b>13</b> Chicken Salad Sandwich
<b>14</b> Egg Salad Sandwich	<b>15</b> Seafood Salad Sandwich	<b>16</b> Curry Chicken Salad Sandwich	<b>17</b> Ham & Swiss Cheese Sandwich	<b>18</b> Cottage Cheese with Hard Boiled Egg	<b>19</b> BLT Pasta Salad with Chicken	<b>20</b> Roast Beef Sandwich
<b>21</b> Ham & Cheese Sandwich	<b>22</b> Roast Beef Sandwich	<b>23</b> Meatloaf Sandwich	<b>24</b> Cottage Cheese with Hard Boiled Egg	<b>25</b> BLT Pasta Salad with Chicken	<b>26</b> Swiss Cheese Sandwich	<b>27</b> Tuna Salad Sandwich
<b>28</b> Swiss Cheese Sandwich	<b>29</b> Egg Salad Sandwich	<b>30</b> Roast Beef Sandwich	<b>31</b> Chicken Salad Plate			

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## Hot Menu

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	<b>1</b> Swiss Cheeseburger	<b>2</b> Chicken Chili	<b>3</b> Lemon Garlic Baked Fish	<b>4</b> Barbeque Pulled Pork	<b>5</b> Sloppy Joe	<b>6</b> Lasagna Roll-Ups
<b>7</b> Chicken Paella	<b>8</b> American Goulash	<b>9</b> Potato Crunch Fish	<b>10</b> Penne Pasta with Meatballs	<b>11</b> Baked Ham with Pineapple	<b>12</b> Chicken Chow Mein	<b>13</b> Penne Pasta with Meat Sauce
<b>14</b> Baked Fish with Lemon Herb Sauce	<b>15</b> Macaroni & Cheese	<b>16</b> Roast Pork with Raspberry Sauce	<b>17</b> Chicken Cacciatore	<b>18</b> Meatloaf with Gravy	<b>19</b> Chicken Chili	<b>20</b> Swiss Cheeseburger
<b>21</b> Sloppy Joe	<b>22</b> Tuna Noodle Casserole	<b>23</b> Honey Mustard Chicken	<b>24</b> Lasagna Roll-Ups	<b>25</b> Barbeque Pulled Chicken	<b>26</b> American Goulash	<b>27</b> Chicken Paella
<b>28</b> Chicken Chow Mein	<b>29</b> Penne Pasta with Meat Sauce	<b>30</b> Chicken Ala Orange	<b>31</b> Lemon Garlic Fish			