

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

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