October 2025 Home Delivered Meals
Cold Menu
a LifePath and Albany County Department for Aging Nutrition Program

LifePath
Supportive Services for Older Adults

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Turkey & Swiss Sandwich	**2** Chicken Salad Sandwich	**3** Tuna Salad Sandwich	**4** Cottage Cheese with Pineapple	**5** Swiss Cheese Sandwich
6 Chicken Salad Sandwich	**7** Tuna Macaroni Salad	**8** Seafood Salad Plate	**9** B.L.T. Pasta Salad with Chicken	**10** Roast Beef Sandwich	**11** Ham & Swiss Cheese Sandwich	**12** Egg Salad Plate
13 Chicken Salad Sandwich	**14** Ham & Cheese Sandwich	**15** Cottage Cheese with Lettuce and Egg	**16** Turkey Sandwich	**17** Egg Salad Plate	**18** Roast Beef & Swiss Cheese Sandwich	**19** Tuna Salad Sandwich
20 Peanut Butter & Jelly Sandwich	**21** Chicken Salad Sandwich	**22** Roast Beef Sandwich	**23** Egg Salad Sandwich	**24** Chicken Salad Plate	**25** Turkey & Swiss Cheese Sandwich	**26** Cheese Sandwich
27 B.L.T. Pasta Salad with Chicken	**28** Tuna Salad Sandwich	**29** Turkey & Swiss Cheese Sandwich	**30** Chicken Waldorf Salad with Walnuts	**31** Cottage Cheese with Pineapple		

October 2025 Home Delivered Meals
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 Lemon Garlic Fish	**2** Meatloaf with Gravy	**3** American Goulash	**4** Chicken Tetrazzini	**5** BBQ Pulled Pork
6 Lasagna Roll-Up	**7** Chicken Cacciatore	**8** Spanish Rice with Beans	**9** Roast Pork with Gravy	**10** Baked Fish with Lemon Herb Sauce	**11** Tuna Noodle Casserole	**12** Ham & Bean Casserole
13 Herbed Chicken with Gravy	**14** Penne with Meat Sauce	**15** Roast Beef with Gravy	**16** Mexican Beef & Rice Casserole with Beans	**17** Meatless Baked Ziti	**18** Mac & Cheese	**19** Meatloaf with Gravy
20 Chicken Tetrazzini	**21** Potato Crunch Fish	**22** Chicken Pesto Bake	**23** Roast Turkey with Gravy	**24** BBQ Pulled Pork	**25** Spanish Rice with Beans	**26** Chicken Cacciatore
27 Swiss Cheeseburger	**28** Ham & Bean Casserole	**29** Tuna Noodle Casserole	**30** Shepherd's Pie	**31** Citrus Marinated Chicken		