

September 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 Chicken Salad Sandwich	2 Macaroni Salad with Tuna	3 Seafood Salad Plate	4 BLT Pasta Salad with Chicken	5 Roast Beef Sandwich	6 Ham & Swiss Sandwich	7 Egg Salad Sandwich
8 Chicken Salad Sandwich	9 Ham & Cheese Sandwich	10 Cottage Cheese with Hard Boiled Egg	11 Turkey Sandwich	12 Egg Salad Plate	13 Roast Beef & Swiss Sandwich	14 Tuna Salad Sandwich
15 Peanut Butter & Jelly Sandwich	16 Chicken Salad Sandwich	17 Roast Beef Sandwich	18 Egg Salad Sandwich	19 Chicken Salad Plate with Pineapple	20 Turkey & Swiss Sandwich	21 Cheese Sandwich
22 BLT Pasta Salad with Chicken	23 Tuna Salad Sandwich	24 Turkey & Swiss Sandwich	25 Chicken Waldorf Salad with Walnuts	26 Cottage Cheese with Pineapple	27 Southwestern Chicken & Rice Salad	28 Roast Beef Sandwich
29 Roast Beef Sandwich	30 Egg 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 Lasagna Roll-Up	2 Chicken Cacciatore	3 Spanish Rice with Beans	4 Roast Pork with Gravy	5 Baked Fish with Lemon Herb Sauce	6 Tuna Noodle Casserole	7 Ham & Bean Casserole
8 Herbed Chicken with Gravy	9 Penne with Meat Sauce	10 Roast Beef with Gravy	11 Mexican Beef & Rice Casserole with Beans	12 Meatless Baked Ziti	13 Mac & Cheese	14 Meatloaf with Gravy
15 Chicken Tetrazzini	16 Potato Crunch Fish	17 Chicken Pesto Bake	18 Roast Turkey with Gravy	19 BBQ Pulled Pork	20 Spanish Rice with Beans	21 Chicken Cacciatore
22 Swiss Cheeseburger	23 Ham & Bean Casserole	24 Tuna Noodle Casserole	25 Shepherd's Pie	26 Citrus Marinated Chicken	27 Lasagna Roll-Ups	28 Penne with Meat Sauce
29 Macaroni & Cheese	30 Chicken Parmesan					