

November 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 B.L.T. Pasta Salad with Chicken	2 Tuna Salad Sandwich
3 Roast Beef Sandwich	4 Egg Salad Sandwich	5 Turkey & Swiss Sandwich	6 Chicken Salad Sandwich	7 Tuna Salad Sandwich	8 Cottage Cheese with Pineapple	9 Swiss Cheese Sandwich
10 Chicken Salad Sandwich	11 Tuna Macaroni Salad	12 Seafood Salad Plate	13 B.L.T. Pasta Salad with Chicken	14 Roast Beef Sandwich	15 Ham & Swiss Cheese Sandwich	16 Egg Salad Plate
17 Chicken Salad Sandwich	18 Ham & Cheese Sandwich	19 Cottage Cheese with Lettuce and Egg	20 Turkey Sandwich	21 Egg Salad Plate	22 Roast Beef & Swiss Cheese Sandwich	23 Tuna Salad Sandwich
24 Egg Salad Sandwich	25 Chicken Salad Sandwich	26 Roast Beef Sandwich	27 Peanut Butter & Jelly Sandwich	28 Swiss Cheese Sandwich	29 Tuna Salad Sandwich	30 Cheese 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 Swiss Cheeseburger	2 Ham & Bean Casserole
3 Mac & Cheese	4 Chicken Parmesean	5 Lemon Garlic Fish	6 Meatloaf with Gravy	7 American Goulash	8 Chicken Tetrazzini	9 BBQ Pulled Pork
10 Lasagna Roll-Up	11 Chicken Cacciatore	12 Spanish Rice with Beans	13 Roast Pork with Gravy	14 Baked Fish with Lemon Herb Sauce	15 Tuna Noodle Casserole	16 Ham & Bean Casserole
17 Herbed Chicken with Gravy	18 Penne with Meat Sauce	19 Roast Beef with Gravy	20 Mexican Beef & Rice Casserole with Beans	21 Meatless Baked Ziti	22 Mac & Cheese	23 Meatloaf with Gravy
24 Chicken Tetrazzini	25 Potato Crunch Fish	26 Roast Turkey with Gravy	27 Chicken Pesto Bake	28 BBQ Pulled Pork	29 Spanish Rice with Beans	30 Chicken Cacciatore