

February 2026 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 Roast Beef Sandwich
2 Egg Salad Sandwich	3 Tuna Salad Sandwich	4 Roast Beef Sandwich	5 BLT Pasta Salad with Chicken	6 Mandarin Orange Chicken Salad Sandwich	7 Cottage Cheese with Pineapple	8 Ham & Swiss Cheese Sandwich
9 Tuna Macaroni Salad	10 Turkey & Swiss Cheese Sandwich	11 Cottage Cheese with Egg	12 Seafood Salad	13 Ham Sandwich	14 Roast Beef Sandwich	15 Tuna Salad Sandwich
16 Ham & Swiss Cheese Sandwich	17 Roast Beef Sandwich	18 Turkey Sandwich	19 Curry Chicken Salad Sandwich	20 Egg Salad Sandwich	21 Ham & Swiss Cheese Sandwich	22 BLT Pasta Salad with Chicken
23 Turkey & Swiss Cheese Sandwich	24 Seafood Salad	25 Tuna Salad Sandwich	26 Egg Salad Sandwich	27 Swiss Cheese Sandwich	28 Chicken Salad Sandwich	

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Hot Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>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.</p>						
						1 Chicken Stew
2 Macaroni & Cheese	3 Spinach Beef Macaroni Bake	4 Honey Mustard Chicken	5 Lemon Garlic Fish	6 Swiss Cheeseburger	7 Chicken Cacciatore	8 Spanish Rice with Beans
9 Ham and Bean Casserole	10 Swedish Meatballs	11 Chicken with Gravy	12 Shepard's Pie	13 Roast Turkey with Gravy	14 Lasagna Roll-Ups	15 BBQ Pulled Pork
16 Seafood Newburgh	17 Chicken Stew	18 Chili Con Carne	19 BBQ Pulled Pork	20 Meatless Baked Ziti	21 Spinach Beef Macaroni Bake	22 Macaroni & Cheese
23 Chicken Cacciatore	24 Sausage & Peppers with Onions and Sauce	25 Spanish Rice & Beans	26 Chicken Tetrizzini	27 Beef Stroganoff	28 Swedish Meatballs	