

March 2026 Home Delivered Meals Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

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>						<p>1 Turkey Sandwich</p>
<p>2 Roast Beef Sandwich</p>	<p>3 Cottage Cheese with Pineapple</p>	<p>4 Chicken Salad Sandwich</p>	<p>5 Ham & Swiss Sandwich</p>	<p>6 Turkey & Swiss Sandwich</p>	<p>7 Egg Salad Sandwich</p>	<p>8 Roast Beef Sandwich</p>
<p>9 Egg Salad Sandwich</p>	<p>10 Tuna Salad Sandwich</p>	<p>11 Roast Beef Sandwich</p>	<p>12 BLT Pasta Salad with Chicken</p>	<p>13 Mandarin Orange Chicken Salad Sandwich</p>	<p>14 Cottage Cheese with Pineapple</p>	<p>15 Ham & Swiss Cheese Sandwich</p>
<p>16 Tuna Macaroni Salad</p>	<p>17 Turkey & Swiss Cheese Sandwich</p>	<p>18 Cottage Cheese with Hard Boiled Egg</p>	<p>19 Seafood Salad</p>	<p>20 Ham Sandwich</p>	<p>21 Roast Beef Sandwich</p>	<p>22 Tuna Salad Sandwich</p>
<p>23 Ham & Swiss Cheese Sandwich</p>	<p>24 Roast Beef Sandwich</p>	<p>25 Turkey Sandwich</p>	<p>26 Curry Chicken Salad Sandwich</p>	<p>27 Egg Salad Sandwich</p>	<p>28 Ham & Swiss Cheese Sandwich</p>	<p>29 BLT Pasta Salad with Chicken</p>
<p>30 Turkey & Swiss Cheese Sandwich</p>	<p>31 Seafood Salad</p>					

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<p>2 Lasagna Roll Ups</p>	<p>3 Pepper Steak with Peppers & Onions</p>	<p>4 Cheese Tortellini</p>	<p>5 Chicken Pesto Bake</p>	<p>6 Potato Crunch Fish</p>	<p>7 Seafood Newburgh</p>	<p>8 Chicken Stew</p>
<p>9 Macaroni & Cheese</p>	<p>10 Spinach Beef Macaroni Bake</p>	<p>11 Honey Mustard Chicken</p>	<p>12 Lemon Garlic Fish</p>	<p>13 Swiss Cheeseburger</p>	<p>14 Chicken Cacciatore</p>	<p>15 Spanish Rice, Beef and Beans</p>
<p>16 Ham and Bean Casserole</p>	<p>17 Swedish Meatballs</p>	<p>18 Chicken with Gravy</p>	<p>19 Shepard's Pie</p>	<p>20 Roast Turkey with Gravy</p>	<p>21 Lasagna Roll-Ups</p>	<p>22 BBQ Pulled Pork</p>
<p>23 Seafood Newburgh</p>	<p>24 Chicken Stew</p>	<p>25 Chili Con Carne</p>	<p>26 BBQ Pulled Pork</p>	<p>27 Meatless Baked Ziti</p>	<p>28 Spinach Beef Macaroni Bake</p>	<p>29 Macaroni & Cheese</p>
<p>30 Chicken Cacciatore</p>	<p>31 Pepper Steak with Peppers & Onions</p>					