

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

April 2026 Home Delivered Meals 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 Spanish Rice & Beans	2 Chicken Tetrizzini	3 Beef Stroganoff	4 Swedish Meatballs	5 Ham & Bean Casserole
6 Lasagna Roll Ups	7 Pepper Steak with Peppers & Onions	8 Cheese Tortellini	9 Chicken Pesto Bake	10 Potato Crunch Fish	11 Seafood Newburgh	12 Chicken Stew
13 Macaroni & Cheese	14 Spinach Beef Macaroni Bake	15 Honey Mustard Chicken	16 Lemon Garlic Fish	17 Swiss Cheeseburger	18 Chicken Cacciatore	19 Spanish Rice, Beef and Beans
20 Ham and Bean Casserole	21 Swedish Meatballs	22 Chicken with Gravy	23 Shepard's Pie	24 Roast Turkey with Gravy	25 Lasagna Roll-Ups	26 BBQ Pulled Pork
27 Seafood Newburgh	28 Chicken Stew	29 Chili Con Carne	30 BBQ Pulled Pork			