

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

May 2026 Home Delivered Meals Hot 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 Meatless Baked Ziti	2 Spinach Beef Macaroni Bake	3 Mac & Cheese
4 Chicken Cacciatore	5 Sausage & Peppers with Onions and Sauce	6 Spanish Rice, Beef and Beans	7 Chicken Tetrazzini	8 Beef Stroganoff	9 Swedish Meatballs	10 Ham & Bean Casserole
11 Lasagna Roll Ups	12 Pepper Steak with Peppers & Onions	13 Cheese Tortellini	14 Chicken Pesto Bake	15 Potato Crunch Fish	16 Seafood Newburgh	17 Chicken Stew
18 Macaroni & Cheese	19 Spinach Beef Macaroni Bake	20 Honey Mustard Chicken	21 Lemon Garlic Fish	22 Swiss Cheeseburger	23 Chicken Cacciatore	24 Spanish Rice, Beef and Beans
25 Ham and Bean Casserole	26 Swedish Meatballs	27 Chicken with Gravy	28 Shepard's Pie	29 Roast Turkey with Gravy	30 Lasagna Roll-Ups	31 BBQ Pulled Pork