

July 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 Cottage Cheese with Pineapple	2 Seafood Salad Plate	3 Egg Salad Sandwich	4 Chicken Salad Sandwich	5 Turkey Sandwich
6 Swiss Cheese Sandwich	7 Tuna Salad Sandwich	8 Chicken Salad Sandwich	9 Egg Salad Sandwich	10 Turkey & Swiss Sandwich	11 Cottage Cheese with Pineapple	12 Chicken BLT Pasta Salad
13 American Submarine Sandwich	14 Roast Beef Sandwich	15 Cottage Cheese & Hard Boiled Egg	16 Chicken BLT Pasta Salad	17 Turkey & Swiss Sandwich	18 Roast Beef Sandwich	19 Ham Salad Sandwich
20 Turkey Sandwich	21 Curry Chicken Salad Sandwich	22 Ham & Swiss Sandwich	23 Egg Salad Sandwich	24 Cottage Cheese with Peaches	25 Tuna Salad Sandwich	26 Roast Beef Sandwich
27 Ham & Swiss Sandwich	28 Turkey Sandwich	29 Tuna Salad Sandwich	30 Roast Beef & Swiss Sandwich	31 Chicken Waldorf Salad (with Walnuts)		

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Hot Menu

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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 Turkey	2 Chicken Chili	3 Swedish Meatballs	4 American Goulash	5 Meatless Baked Ziti
6 Lemon Garlic Fish	7 Mac & Cheese	8 Penne with Meat Sauce	9 Open Faced Hot Turkey Sandwich	10 Chicken ala King	11 Lasagna Roll-Ups	12 Tuna Noodle Casserole
13 Chicken Broccoli Alfredo	14 Swiss Cheeseburger	15 Baked Ham with Pineapple	16 Baked Fish	17 Chicken Marsala	18 Chicken Chili	19 Sloppy Joe
20 American Goulash	21 Lemon Herb Baked Chicken	22 Salisbury Steak with Mushroom Gravy	23 Meatless Baked Ziti	24 Potato Crunch Fish	25 Mac & Cheese	26 Penne with Meat Sauce
27 Lasagna Roll Ups	28 Tuna Noodle Casserole	29 Chili Con Carne	30 Roast Pork	31 Penne Pasta with Meatballs		