

August 2026 Home Delivered Meals

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

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