

# September 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. |                                           |                                               |                                         |                                                  |                                            |                                         |
|                                                                                                                                                                                                                                                                                                 | <b>1</b><br>Turkey Sandwich               | <b>2</b><br>Tuna Salad Sandwich               | <b>3</b><br>Roast Beef & Swiss Sandwich | <b>4</b><br>Chicken Waldorf Salad (with Walnuts) | <b>5</b><br>Cottage Cheese with Peaches    | <b>6</b><br>American Submarine Sandwich |
| <b>7</b><br>Roast Beef Sandwich                                                                                                                                                                                                                                                                 | <b>8</b><br>Turkey & Swiss Sandwich       | <b>9</b><br>Cottage Cheese with Pineapple     | <b>10</b><br>Seafood Salad Plate        | <b>11</b><br>Egg Salad Sandwich                  | <b>12</b><br>Chicken Salad Sandwich        | <b>13</b><br>Turkey Sandwich            |
| <b>14</b><br>Swiss Cheese Sandwich                                                                                                                                                                                                                                                              | <b>15</b><br>Tuna Salad Sandwich          | <b>16</b><br>Chicken Salad Sandwich           | <b>17</b><br>Egg Salad Sandwich         | <b>18</b><br>Turkey & Swiss Sandwich             | <b>19</b><br>Cottage Cheese with Pineapple | <b>20</b><br>Chicken BLT Pasta Salad    |
| <b>21</b><br>American Submarine Sandwich                                                                                                                                                                                                                                                        | <b>22</b><br>Roast Beef Sandwich          | <b>23</b><br>Cottage Cheese & Hard Boiled Egg | <b>24</b><br>Chicken BLT Pasta Salad    | <b>25</b><br>Turkey & Swiss Sandwich             | <b>26</b><br>Roast Beef Sandwich           | <b>27</b><br>Ham Salad Sandwich         |
| <b>28</b><br>Turkey Sandwich                                                                                                                                                                                                                                                                    | <b>29</b><br>Curry Chicken Salad Sandwich | <b>30</b><br>Ham & Swiss Sandwich             |                                         |                                                  |                                            |                                         |

# September 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. |                                       |                                                  |                                             |                                        |                                      |                                    |
|                                                                                                                                                                                                                                                                                                 | <b>1</b><br>Tuna Noodle Casserole     | <b>2</b><br>Chili Con Carne                      | <b>3</b><br>Roast Pork                      | <b>4</b><br>Penne Pasta with Meatballs | <b>5</b><br>Baked Ham with Pineapple | <b>6</b><br>Swiss Cheeseburger     |
| <b>7</b><br>Seafood Mac & Cheese                                                                                                                                                                                                                                                                | <b>8</b><br>Sloppy Joe                | <b>9</b><br>Roast Turkey                         | <b>10</b><br>Chicken Chili                  | <b>11</b><br>Swedish Meatballs         | <b>12</b><br>American Goulash        | <b>13</b><br>Meatless Baked Ziti   |
| <b>14</b><br>Lemon Garlic Fish                                                                                                                                                                                                                                                                  | <b>15</b><br>Mac & Cheese             | <b>16</b><br>Penne with Meat Sauce               | <b>17</b><br>Open Faced Hot Turkey Sandwich | <b>18</b><br>Chicken ala King          | <b>19</b><br>Lasagna Roll-Ups        | <b>20</b><br>Tuna Noodle Casserole |
| <b>21</b><br>Chicken Broccoli Alfredo                                                                                                                                                                                                                                                           | <b>22</b><br>Swiss Cheeseburger       | <b>23</b><br>Baked Ham with Pineapple            | <b>24</b><br>Baked Fish                     | <b>25</b><br>Chicken Marsala           | <b>26</b><br>Chicken Chili           | <b>27</b><br>Sloppy Joe            |
| <b>28</b><br>American Goulash                                                                                                                                                                                                                                                                   | <b>29</b><br>Lemon Herb Baked Chicken | <b>30</b><br>Salisbury Steak with Mushroom Gravy |                                             |                                        |                                      |                                    |