

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

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