LifePath
Supportive Services for Older Adults

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

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November 2026 Home Delivered Meals 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** Lasagna Roll-Ups
2 Chicken Paella	**3** Turkey Bolognese	**4** Baked Fish	**5** Penne Pasta with Meatballs	**6** Raspberry Glaze Roast Pork	**7** Chicken Chow Mein	**8** American Goulash
9 Baked Fish with Lemon Herb Sauce	**10** Cheese Tortellini	**11** Baked Ham with Crushed Pineapple	**12** Chicken Cacciatore	**13** Meatloaf with Gravy	**14** Hamburger	**15** Chicken Chili with Beans
16 Lasagna Roll-Ups	**17** Sloppy Joe	**18** Tuna Noodle Casserole	**19** Honey Mustard Chicken	**20** American Goulash	**21** Turkey Bolognese	**22** Chicken Paella
23 Chicken Chow Mein	**24** Penne Pasta with Meat Sauce	**25** Hot Open Faced Turkey Sandwich with Gravy	**26** Lemon Garlic Fish	**27** Salisbury Steak with Mushroom Gravy	**28** Chicken Cacciatore	**29** Cheese Tortellini
30 Cheese Tortellini						