



August 2017

Cold Meals

Senior Services of Albany

Albany County Department for Aging
Nutrition Program

All meals provide ½ pint 1% Milk and Butter Spread. 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.
7/27/2017

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	Peanut Butter & Jelly Sandwich on Wheat Sliced Cucumbers w/Ranch Dressing Orange Juice Oatmeal Raisin Cookie	Ham & Swiss Cheese Sandwich on Rye Macaroni Salad Apple Juice Chocolate Pudding	Cottage Cheese w/Strawberries Carrot Raisin Salad Wheat Roll Banana	Hard Boiled Egg Three Bean Salad Grape Juice Wheat English Muffin Fruited Yogurt	BLT Bow Tie Pasta Salad w/Chicken Carrot Pineapple Salad Wheat Dinner Roll Lorna Doone	Tuna Salad Sandwich on Wheat Cole Slaw w/Carrots Fruit Punch Tapioca Pudding
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
Roast Beef Sandwich on Rye Macaroni Salad w/Carrots Broccoli Salad Applesauce w/Cinnamon	Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Fresh Banana	Turkey Sandwich on Wheat Potato Salad Cranberry Juice Graham Crackers	Peanut Butter & Jelly Sandwich on Wheat Shredded Carrots w/Pineapple Fruit Punch Fruited Yogurt	Egg Salad Sandwich on Wheat Roll Pickled Beets Apple Juice Lorna Doone	Cottage Cheese w/Pineapple Grape Tomatoes Three Bean Salad Wheat Roll Fig Newton	Swiss Cheese Sandwich w/Lettuce & Tomato on Rye Cole Slaw w/Carrots Fresh Orange
Monday 28	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
Ham Sandwich on Rye Three Bean Salad Orange Juice Chocolate Pudding	Meatloaf Sandwich on Hamburger Bun Cole Slaw w/Carrots Apple Juice Sugar Cookie	Cottage Cheese w/Hard Boiled Egg Pickled Beet Salad Cranberry Juice Wheat Roll Fresh Banana	Roast Beef Sandwich on Wheat Spinach Salad w/Shredded Carrots Dressing Orange Juice Oatmeal Cookie	Chicken BLT Pasta Salad on Bed of Lettuce V-8 Juice Pineapple Chunks Wheat Bread Graham Crackers	Swiss Cheese Sandwich w/Lettuce on Wheat Potato Salad w/Carrots Mandarin Oranges	Tuna Salad Sandwich on Wheat Broccoli Salad Raisins Fresh Apple
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
Egg Salad Sandwich on Wheat Pasta Salad w/Broccoli Pears	Cottage Cheese w/Hard Boiled Egg Carrot Raisin Salad V-8 Juice Wheat Roll Fresh Banana	Tuna Salad Sandwich on Wheat Spinach Salad w/Tomato & Carrots Dressing Cranberry Juice Lorna Doone	Chicken Salad Sandwich on Wheat Marinated Tomato & Cucumber Salad Apple Juice Chocolate Pudding	Ham & Swiss Sandwich on Wheat Shredded Carrots w/Pineapple Orange Juice Graham Crackers	Roast Beef Sandwich on Wheat Bun Three Bean Salad Pineapple Orange Juice Fig Newton	Peanut Butter Beet & Mandarin Orange Salad Grape Tomatoes Wheat English Muffin Fruited Yogurt
Monday 28	Tuesday 29	Wednesday 30	Thursday 31			
Tuna Salad Sandwich on Wheat Carrot Raisin Salad Grape Juice Fig Newton	Meatloaf Sandwich on Wheat Potato Salad w/Carrots Peaches	Ham Sandwich on Wheat Broccoli Salad Seasonal Berries Vanilla Pudding	Roast Beef Sandwich on Rye Spinach Salad w/Carrots Dressing Grape Juice Oatmeal Cookie			