

Hello August!
(and goodbye July)

**August
2018**

cold Meals

Senior Services of Albany

and the 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.
8/2/2018

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
		Cottage Cheese w/ Sliced Strawberries Carrot Raisin Salad Dinner Roll Chocolate Pudding	Ham & Cheese Swiss Sandwich Macaroni Salad Apple Juice Rye Bread Banana	Boiled Egg Three Bean Salad Grape Juice English Muffin Fruited Yogurt	BLT Bow Tie Pasta Salad w/ Chicken Carrot & Pineapple Salad Wheat Bread Lorna Doone	Tuna Salad Sandwich Cole Slaw w/ Carrots Fruit Punch Wheat Bread Tapioca Pudding
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
Roast Beef Sandwich on Rye Macaroni Salad w/ Carrots Apple	Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Chocolate Pudding	Turkey Sandwich on Wheat Potato Salad Cranberry Juice Fresh Banana	Peanut Butter & Jelly Grape Tomatoes Wheat Bread Fruited Yogurt	Egg Salad Broccoli Salad Wheat Roll Raisins	Cottage Cheese Three Bean Salad Pineapple Wheat Roll Tapioca Pudding	Swiss Cheese Sandwich w/ Lettuce & Tomato Coleslaw w/ Carrots Rye Bread Fresh Orange
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
Ham Sandwich on Rye Three Bean Salad Orange Juice Chocolate Pudding	Meatloaf Sandwich Hamburger Bun Coleslaw w/ Carrots Apple Juice Sugar Cookie	Cottage Cheese w/ Hard Boiled Egg Pickled Beet Salad Cranberry Juice Dinner Roll Banana	Roast Beef Sandwich on Wheat Spinach Salad w/ Shredded Carrots Strawberries	Chicken BLT Pasta Salad Pineapple Chunks Wheat Bread Oatmeal Cookies	Swiss Cheese w/ Lettuce Potato Salad w/ Carrots Wheat Bread Mandarin Oranges	Tuna Salad on Wheat Broccoli Salad Apple

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
Egg Salad on Wheat Pasta Salad w/ Broccoli Pears	Tuna Salad on Wheat Spinach Salad w/ Tomato & Carrots Cranberry Juice Lorna Doone	Cottage Cheese w/ Hard Boiled Egg Carrot Raisin Salad Orange Juice Wheat Bread Banana	Chicken Salad on Wheat Marinated Tomato & Cucumber Salad Peaches	Ham & Swiss Cheese on Rye Shredded Carrots w/ Pineapple Chocolate Pudding	Roast Beef Sandwich on Wheat Three Bean Salad Fig Newton	Peanut Butter & Jelly Beet & Mandarin Orange Salad Grape Tomatoes English Muffin Fruited yogurt
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31		
Meatloaf Sandwich Potato Salad w/ Carrots Wheat Bread Mandarin Oranges	Tuna Salad on Wheat Carrot Raisin Salad Grape Juice Fig Newton	Ham Sandwich on Rye Spinach & Mandarin Orange Salad Apple Juice Oatmeal Cookie	Roast Beef Sandwich on Wheat Broccoli Salad Apple Vanilla Pudding	Swiss Cheese on Wheat Coleslaw Pineapple Chunks		