

December 2017

Senior Services of Albany
and the Albany County Department for Aging Nutrition Program

Cold Meals

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.
11/29/2017

Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
				Egg Salad Plate w/Lettuce Pasta Salad w/Broccoli and Tomato Pineapple Juice Wheat Bread Lorna Doone	Ham & Swiss Sandwich on Wheat Carrots & Pineapple Salad Orange Juice Vanilla Pudding	Roast Beef Sandwich on Wheat Bun Three Bean Salad Fig Newton Applesauce
4	5	6	7	8	9	10
Ham Sandwich Broccoli Salad Raisins Rye Bread Fig Newton	Meatloaf Sandwich Cole Slaw/ Carrots Grape Tomatoes Ranch Dressing Wheat Bread Fresh Orange	Tuna Salad Sandwich on Wheat Spinach Salad w/Tomato & Carrots Dressing Fruit Salad	Swiss Cheese Sandwich Macaroni Salad Pineapple Juice Oatmeal Cookie	Egg Salad Sandwich Carrot & Raisin Salad Grape Juice Fresh Apple	Roast Beef Sandwich on Wheat Bread Potato Salad w/Carrots Cranberry Juice Fruited Yogurt	Cottage Cheese w/Peaches on a bed of Lettuce Pasta & Broccoli Salad Rye Bread Chocolate Pudding
11	12	13	14	15	16	17
Swiss Cheese on Wheat Three Bean Salad Fruit Cocktail Lorna Doone	Roast Beef Sandwich Coleslaw w/Carrots Grape Tomato Rye Bread Rice Pudding	Chef Salad w/Muenster Cheese Hard Boiled Egg Ranch Dressing Wheat Roll Peaches Graham Crackers	Chicken Salad Sandwich Pasta Salad w/ Broccoli Orange Juice Wheat Bread Fig Newton	Egg Salad Sandwich Pickled Beets Wheat Bread Mandarin Oranges	Tuna Salad Sandwich Carrots & Raisin Salad Hamburger Bun Apple	Turkey Sandwich Cabbage & Apple Slaw Cranberry Juice Wheat Bread Vanilla Pudding
18	19	20	21	22	23	24
Ham & Swiss Cheese Sandwich Grape Tomatoes Tropical fruit salad Rye Bread Fig Newton	Cottage Cheese w/ Pineapple Pasta salad w/ Broccoli & Tomato Wheat Bread Rice Pudding	Turkey Sandwich Carrot & Raisin Salad V-8 Juice Wheat Bread Graham Crackers	Tuna Salad Plate w/ Bed of Lettuce Chickpea Salad Mandarin Oranges Dinner roll Oatmeal Cookie	Egg Salad Sandwich Three Bean Salad Hamburger Bun Applesauce Graham Crackers	Roast Beef Sandwich Carrots & Pineapple Salad Orange Juice Wheat Bread Lorna Doone	Peanut Butter & Jelly Sandwich Cole Slaw Grape Juice English Muffin Banana
25	26	27	28	29	30	
Turkey Sandwich Carrot & Pineapple Salad Cranberry Juice Wheat Bread Graham Crackers	Egg Salad Sandwich Pickled Beets Apple Juice Hamburger Bun Lorna Doone	Roast Beef Sandwich Broccoli Salad Wheat Bread Applesauce w/ Cinnamon	Chicken Salad Sandwich Carrots/Raisin Salad Grape Juice Rye Bread Banana	Peanut Butter and Jelly Sandwich Sliced Cucumbers Orange Juice English Muffin Fruited Yogurt	Cottage Cheese w/ Pineapple Chunks Three Bean Salad Hamburger Bun Fig Newton	