

		<b>February 2018</b>  <b>cold Meals</b>		<b>Senior Services of Albany</b> 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. 2/2/2018		
Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
			<b>Tuna Salad Plate w/ Bed of Lettuce</b> Chickpea Salad Mandarin Oranges Dinner roll Oatmeal Cookie	<b>Egg Salad Sandwich</b> Three Bean Salad Hamburger Bun Applesauce Graham Crackers	<b>Roast Beef Sandwich</b> Carrots & Pineapple Salad Orange Juice Wheat Bread Lorna Doone	<b>Peanut Butter &amp; Jelly Sandwich</b> Cole Slaw Grape Juice English Muffin Banana
5	6	7	8	9	10	11
<b>Turkey Sandwich</b> Carrot & Pineapple Salad Cranberry Juice Wheat Bread Graham Crackers	<b>Egg Salad Sandwich</b> Pickled Beets Apple Juice Hamburger Bun Lorna Doones	<b>Roast Beef Sandwich</b> Broccoli Salad Wheat Bread Applesauce w/ Cinnamon	<b>Chicken Salad Sandwich</b> Carrots/Raisin Salad Grape Juice Rye Bread Banana	<b>Peanut Butter and Jelly Sandwich</b> Sliced Cucumbers Orange Juice English Muffin Fruited Yogurt	<b>Cottage Cheese w/ Pineapple Chunks</b> Three Bean Salad Hamburger Bun Fig Newton	<b>Swiss Cheese Sandwich w/ Lettuce</b> Grape Tomatoes Rye Bread Fresh Orange
12	13	14	15	16	17	18
<b>Meatloaf Sandwich</b> Cole slaw w/ Carrots Plums Hamburger Roll Oatmeal Raisin Cookie	<b>Ham Sandwich</b> Spinach Salad w/ Tomatoes Pineapple Juice Rye Bread Chocolate Pudding	<b>Cottage Cheese</b> Hard Boiled Egg Carrot Raisin Salad Banana Hamburger Bun Sugar Cookie	<b>Chicken BLT Pasta Salad w/Lettuce</b> Rye Bread Applesauce	<b>Swiss Cheese Sandwich</b> Broccoli Salad Apple Graham Crackers	<b>Roast Beef Sandwich</b> Three Bean Salad V-8 Juice Wheat Bread Fig Newton	<b>Tuna Salad</b> Potato Salad w/ Carrots Wheat Bread Pears
19	20	21	22	23	24	25
<b>Peanut Butter &amp; Jelly Sandwich on Wheat</b> Beet & Mandarin Orange Salad V-8 Juice Fruited Yogurt	<b>Chicken Salad Sandwich on Wheat</b> Marinated Cucumber & Tomato Salad Pineapple Chunks	<b>Tuna Salad Sandwich on Wheat Bun</b> Spinach Salad w/Tomato & Carrots Italian Dressing Orange	<b>Cottage Cheese w/ Peaches</b> Coleslaw w/ Carrots English Muffins Oatmeal Raisin Cookie	<b>Egg Salad Plate w/Lettuce</b> Pasta Salad w/Broccoli and Tomato Pineapple Juice Wheat Bread Lorna Doone	<b>Ham &amp; Swiss Sandwich on Wheat</b> Carrots & Pineapple Salad Orange Juice Vanilla Pudding	<b>Roast Beef Sandwich on Wheat Bun</b> Three Bean Salad Fig Newton Applesauce
26	27	28				
<b>Ham Sandwich</b> Broccoli Salad Raisins Rye Bread Fig Newton	<b>Meatloaf Sandwich</b> Cole Slaw/ Carrots Grape Tomatoes Ranch Dressing Wheat Bread Fresh Orange	<b>Tuna Salad Sandwich on Wheat</b> Spinach Salad w/Tomato & Carrots Dressing Fruit Salad				

