



January 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.
1/3/2018

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
Meatloaf Sandwich Cole slaw w/ Carrots Plums Hamburger Roll Oatmeal Raisin Cookie	Ham Sandwich on Rye Spinach Salad w/Tomatoes French Dressing Pineapple Juice Chocolate Pudding	Cottage Cheese Hard Boiled Egg Carrot Raisin Salad Hamburger Bun Sugar Cookie Fresh Banana	Chicken BLT Pasta Salad w/Lettuce Rye Bread Applesauce	Swiss Cheese Sandwich on Wheat Broccoli Salad Fresh Apple Graham Crackers	Roast Beef Sandwich on Wheat Three Bean Salad V-8 Juice Fig Newton	Tuna Salad Sandwich on Wheat Potato Salad w/Carrots Pears
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
Peanut Butter & Jelly Sandwich on Wheat Beet & Mandarin Orange Salad V-8 Juice Fruited Yogurt	Chicken Salad Sandwich on Wheat Marinated Cucumber & Tomato Salad Pineapple Chunks	Tuna Salad Sandwich on Wheat Bun Spinach Salad w/Tomato & Carrots Italian Dressing Orange	Cottage Cheese w/ Peaches Coleslaw w/ Carrots English Muffins Oatmeal Raisin Cookie	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
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
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
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
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
Monday 29	Tuesday 30	Wednesday 31				
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				