



**July 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.  
7/2/2018

						<b>Sunday 1</b>
						<b>Swiss Cheese Sandwich w/ Lettuce &amp; Tomato</b> Coleslaw w/ Carrots Rye Bread Fresh Orange
<b>Monday 2</b>	<b>Tuesday 3</b>	<b>Wednesday 4</b>	<b>Thursday 5</b>	<b>Friday 6</b>	<b>Saturday 7</b>	<b>Sunday 8</b>
<b>Ham Sandwich on Rye</b> Three Bean Salad Orange Juice Chocolate Pudding	<b>Meatloaf Sandwich on Wheat Bun</b> Coleslaw w/ Carrots Apple Juice Sugar Cookie	<b>Cottage Cheese w/ Hard Boiled Egg</b> Pickled Beet Salad Cranberry Juice Wheat Roll Banana	<b>Roast Beef Sandwich on Wheat</b> Spinach Salad w/ Shredded Carrots Strawberries	<b>Chicken BLT Pasta Salad</b> Pineapple Chunks Wheat Bread Oatmeal Cookies	<b>Swiss Cheese w/ Lettuce</b> Potato Salad w/ Carrots Wheat Bread Mandarin Oranges	<b>Tuna Salad on Wheat</b> Broccoli Salad Apple
<b>Monday 9</b>	<b>Tuesday 10</b>	<b>Wednesday 11</b>	<b>Thursday 12</b>	<b>Friday 13</b>	<b>Saturday 14</b>	<b>Sunday 15</b>
<b>Egg Salad on Wheat</b> Pasta Salad w/ Broccoli Pears	<b>Tuna Salad on Wheat</b> Spinach Salad w/ Tomato & Carrots Cranberry Juice Lorna Doone	<b>Cottage Cheese w/ Hard Boiled Egg</b> Carrot Raisin Salad Orange Juice Wheat Bread Banana	<b>Chicken Salad on Wheat</b> Marinated Tomato & Cucumber Salad Peaches	<b>Ham &amp; Swiss Cheese on Rye</b> Shredded Carrots w/ Pineapple Chocolate Pudding	<b>Roast Beef Sandwich on Wheat</b> Three Bean Salad Fig Newton	<b>Peanut Butter &amp; Jelly</b> Beet & Mandarin Orange Salad Grape Tomatoes English Muffin Fruited yogurt

<b>Monday 16</b>	<b>Tuesday 17</b>	<b>Wednesday 18</b>	<b>Thursday 19</b>	<b>Friday 20</b>	<b>Saturday 21</b>	<b>Sunday 22</b>
<b>Meatloaf Sandwich</b> Potato Salad w/ Carrots Wheat Bread Mandarin Oranges	<b>Tuna Salad on Wheat</b> Carrot Raisin Salad Grape Juice Fig Newton	<b>Ham Sandwich on Rye</b> Spinach & Mandarin Orange Salad Apple Juice Oatmeal Cookie	<b>Roast Beef Sandwich on Wheat</b> Broccoli Salad Apple Vanilla Pudding	<b>Swiss Cheese on Wheat</b> Coleslaw Pineapple Chunks	<b>Chicken Salad on Wheat</b> Romaine Salad w/ Tomato, Carrots & Cucumber Orange Juice Fruited Yogurt	<b>Cottage Cheese w/ Peaches</b> Pasta Salad V-8 Juice Rye Bread Lorna Doone
<b>Monday 23</b>	<b>Tuesday 24</b>	<b>Wednesday 25</b>	<b>Thursday 26</b>	<b>Friday 27</b>	<b>Saturday 28</b>	<b>Sunday 29</b>
<b>Swiss Cheese on Wheat</b> Three Bean Salad Mandarin Oranges	<b>Roast Beef Sandwich</b> Pickled Beet Salad Pineapple/ Orange Juice Rye Bread Rice Pudding	<b>Egg Salad Sandwich</b> Cole Slaw w/ Carrots Cucumber Slices Wheat Bread Oatmeal Raisin Cookie	<b>Chicken Salad Sandwich</b> Spinach Salad w/ Carrots Wheat Bread Peaches	<b>Chef Salad w/ Ham, Swiss &amp; Hard Boiled Egg</b> Raisins Dinner Roll Chocolate Chip Cookie	<b>Tuna Salad Sandwich</b> Carrot Raisin Salad Fruit Juice Blend Hamburger bun Melon	<b>Turkey Sandwich</b> Rainbow Pasta Salad Wheat Bread Tropical Fruit
<b>Monday 30</b>	<b>Tuesday 31</b>					
<b>Roast Beef Sandwich</b> Broccoli Salad Cranberry Juice Wheat Bread Fig Newton	<b>Peanut Butter &amp; Jelly Sandwich</b> Sliced Cucumber Orange Juice Wheat Bread Oatmeal Raisin Cookie					