

			<b>June 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. 6/1/2018	
Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
				<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>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</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>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</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>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</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	<b>Cottage Cheese w/ Sliced Strawberries</b> Carrot Raisin Salad Dinner Roll Chocolate Pudding	<b>Ham &amp; Cheese Swiss Sandwich</b> Macaroni Salad Apple Juice Rye Bread Banana	<b>Boiled Egg</b> Three Bean Salad Grape Juice English Muffin Fruited Yogurt	<b>BLT Bow Tie Pasta Salad w/ Chicken</b> Carrot & Pineapple Salad Wheat Bread Lorna Doone	<b>Tuna Salad Sandwich</b> Cole Slaw w/ Carrots Fruit Punch Wheat Bread Tapioca Pudding
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>Roast Beef Sandwich on Rye</b> Macaroni Salad w/ Carrots Apple	<b>Chicken Salad Sandwich on Wheat</b> Carrot Raisin Salad Orange Juice Chocolate Pudding	<b>Turkey Sandwich on Wheat</b> Potato Salad Cranberry Juice Fresh Banana	<b>Peanut Butter &amp; Jelly</b> Grape Tomatoes Wheat Bread Fruited Yogurt	<b>Egg Salad</b> Broccoli Salad Wheat Roll Raisins	<b>Cottage Cheese</b> Three Bean Salad Pineapple Wheat Roll Tapioca Pudding	