



**July 2017**  
**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.  
6/30/2017

					<b>Saturday 1</b>	<b>Sunday 2</b>
					<b>Cottage Cheese w/Pineapple</b> Grape Tomatoes Three Bean Salad Wheat Roll Fig Newton	<b>Swiss Cheese Sandwich w/Lettuce &amp; Tomato on Rye</b> Cole Slaw w/Carrots Fresh Orange
<b>Monday 3</b>	<b>Tuesday 4</b>	<b>Wednesday 5</b>	<b>Thursday 6</b>	<b>Friday 7</b>	<b>Saturday 8</b>	<b>Sunday 9</b>
<b>Ham Sandwich on Rye</b> Three Bean Salad Orange Juice Chocolate Pudding	<b>Meatloaf Sandwich on Hamburger Bun</b> Cole Slaw w/Carrots Apple Juice Sugar Cookie	<b>Cottage Cheese w/Hard Boiled Egg</b> Pickled Beet Salad Cranberry Juice Wheat Roll Fresh Banana	<b>Roast Beef Sandwich on Wheat</b> Spinach Salad w/Shredded Carrots Dressing Orange Juice Oatmeal Cookie	<b>Chicken BLT Pasta Salad on Bed of Lettuce</b> V-8 Juice Pineapple Chunks Wheat Bread Graham Crackers	<b>Swiss Cheese Sandwich w/Lettuce on Wheat</b> Potato Salad w/Carrots Mandarin Oranges	<b>Tuna Salad Sandwich on Wheat</b> Broccoli Salad Raisins Fresh Apple
<b>Monday 10</b>	<b>Tuesday 11</b>	<b>Wednesday 12</b>	<b>Thursday 13</b>	<b>Friday 14</b>	<b>Saturday 15</b>	<b>Sunday 16</b>
<b>Egg Salad Sandwich on Wheat</b> Pasta Salad w/Broccoli Pears	<b>Cottage Cheese w/Hard Boiled Egg</b> Carrot Raisin Salad V-8 Juice Wheat Roll Fresh Banana	<b>Tuna Salad Sandwich on Wheat</b> Spinach Salad w/Tomato & Carrots Dressing Cranberry Juice Lorna Doone	<b>Chicken Salad Sandwich on Wheat</b> Marinated Tomato & Cucumber Salad Apple Juice Chocolate Pudding	<b>Ham &amp; Swiss Sandwich on Wheat</b> Shredded Carrots w/Pineapple Orange Juice Graham Crackers	<b>Roast Beef Sandwich on Wheat Bun</b> Three Bean Salad Pineapple Orange Juice Fig Newton	<b>Peanut Butter Beet &amp; Mandarin Orange Salad</b> Grape Tomatoes Wheat English Muffin Fruited Yogurt

<b>Monday 17</b>	<b>Tuesday 18</b>	<b>Wednesday 19</b>	<b>Thursday 20</b>	<b>Friday 21</b>	<b>Saturday 22</b>	<b>Sunday 23</b>
<b>Tuna Salad Sandwich on Wheat</b> Carrot Raisin Salad Grape Juice Fig Newton	<b>Meatloaf Sandwich on Wheat</b> Potato Salad w/Carrots Peaches	<b>Ham Sandwich on Wheat</b> Broccoli Salad Seasonal Berries Vanilla Pudding	<b>Roast Beef Sandwich on Rye</b> Spinach Salad w/Carrots Dressing Grape Juice Oatmeal Cookie	<b>Swiss Cheese Sandwich on Wheat</b> Cole Slaw Pineapple Juice Graham Crackers	<b>Chicken Salad Sandwich on Wheat</b> Romaine Salad w/Tomato, Carrots, Cucumber Dressing Orange Juice Fruited Yogurt	<b>Cottage Cheese</b> Fresh Cut Melon Pasta Salad V-8 Juice Rye Bread Lorna Doone
<b>Monday 24</b>	<b>Tuesday 25</b>	<b>Wednesday 26</b>	<b>Thursday 27</b>	<b>Friday 28</b>	<b>Saturday 29</b>	<b>Sunday 30</b>
<b>Swiss Cheese Sandwich on Wheat</b> Three Bean Salad Mandarin Oranges	<b>Roast Beef Sandwich on Rye</b> Pickled Beet Salad Pineapple Orange Juice Rice Pudding	<b>Chicken Salad Sandwich on Wheat</b> Cole Slaw w/Carrots Cucumber Slices Oatmeal Raisin Cookie	<b>Egg Salad Sandwich on Wheat</b> Spinach Salad w/Carrots Italian Dressing Grape Juice Fig Newton	<b>Chef Salad w/Ham, Swiss, Hard Cooked Egg</b> Romaine, Tomato, Cucumber, Carrot Salad Dressing Raisins Wheat Dinner Roll Chocolate Chip Cookie	<b>Tuna Salad Sandwich on Wheat Bun</b> Carrot Raisin Salad 100% Fruit Blend Juice Watermelon	<b>Turkey Sandwich on Wheat</b> Rainbow Pasta Salad Cut Cantaloupe
<b>Monday 31</b>						
<b>Roast Beef Sandwich on Wheat</b> Broccoli Salad Cranberry Juice Fig Newton						