



September 2017

Cold Meals

Senior Services of Albany &
 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.
 8/31/2017

Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
				Swiss Cheese Sandwich on Wheat Cole Slaw Pineapple Juice Graham Crackers	Chicken Salad Sandwich on Wheat Romaine Salad with Tomatoes and carrots Orange Juice Fruited Yogurt	Cottage Cheese Fresh Cut Melon Pasta Salad V-8 Juice Rye Bread Lorna Doone
4	5	6	7	8	9	10
Swiss Cheese Sandwich on Wheat 3 Bean Salad Mandarin Oranges	Roast Beef Sandwich on Rye Pickled Beet Salad Pineapple Orange Juice Rice Pudding	Chicken Salad Sandwich on Wheat Cole Slaw w/Carrots Cucumber Slices Oatmeal Raisin Cookie	Egg Salad Sandwich on Wheat Spinach Salad w/Carrots Italian Dressing Grape Juice Fig Newton	Chef Salad w/Ham, Swiss, Hard Cooked Egg Romaine, Tomato, Cucumber, Carrot Salad Dressing Raisins Dinner Roll Chocolate Chip Cookie	Tuna Salad Sandwich on Wheat Bun Carrot Raisin Salad 100% Fruit Juice Watermelon	Turkey Sandwich on Wheat Rainbow Pasta Salad Cut Cantaloupe
11	12	13	14	15	16	17
Roast Beef Sandwich on Wheat Broccoli Salad Cranberry Juice Fig Newton	Peanut Butter & Jelly Sandwich on Wheat Sliced Cucumbers w/Ranch Dressing Orange Juice Oatmeal Raisin Cookie	Ham & Swiss Cheese Sandwich on Rye Macaroni Salad Apple Juice Chocolate Pudding	Cottage Cheese w/Strawberries Carrot Raisin Salad Wheat Roll Banana	Hard Boiled Egg Three Bean Salad Grape Juice Wheat English Muffin Fruited Yogurt	BLT Bow Tie Pasta Salad w/Chicken Carrot Pineapple Salad Wheat Dinner Roll Lorna Doone	Tuna Salad Sandwich on Wheat Cole Slaw w/Carrots Fruit Punch Tapioca Pudding
18	19	20	21	22	23	24
Roast Beef Sandwich on Rye Macaroni Salad w/Carrots Broccoli Salad Applesauce w/Cinnamon	Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Fresh Banana	Turkey Sandwich on Wheat Potato Salad Cranberry Juice Graham Crackers	Peanut Butter & Jelly Sandwich on Wheat Shredded Carrots w/Pineapple Fruit Punch Fruited Yogurt	Egg Salad Sandwich on Wheat Roll Pickled Beets Apple Juice Lorna Doone	Cottage Cheese w/Pineapple Grape Tomatoes Three Bean Salad Wheat Roll Fig Newton	Swiss Cheese Sandwich w/Lettuce & Tomato on Rye Cole Slaw w/Carrots Fresh Orange
25	26	27	28	29	30	
Ham Sandwich on Rye Three Bean Salad Orange Juice Chocolate Pudding	Meatloaf Sandwich on Hamburger Bun Cole Slaw w/Carrots Apple Juice Sugar Cookie	Cottage Cheese w/Hard Boiled Egg Pickled Beet Salad Cranberry Juice Wheat Roll Fresh Banana	Roast Beef Sandwich on Wheat Spinach Salad w/Shredded Carrots Dressing Orange Juice Oatmeal Cookie	Chicken BLT Pasta Salad on Bed of Lettuce V-8 Juice Pineapple Chunks Wheat Bread Graham Crackers	Swiss Cheese Sandwich w/Lettuce on Wheat Potato Salad w/Carrots Mandarin Oranges	