



MARCH 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. 2/28/2018

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