



May 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.
4/30/2018

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	Roast Beef Sandwich Pickled Beet Salad Pineapple/ Orange Juice Rye Bread Rice Pudding	Egg Salad Sandwich Cole Slaw w/ Carrots Cucumber Slices Wheat Bread Oatmeal Raisin Cookie	Chicken Salad Sandwich Spinach Salad w/ Carrots Wheat Bread Peaches	Chef Salad w/ Ham, Swiss & Hard Boiled Egg Raisins Dinner Roll Chocolate Chip Cookie	Tuna Salad Sandwich Carrot Raisin Salad Fruit Juice Blend Hamburger bun Melon	Turkey Sandwich Rainbow Pasta Salad Wheat Bread Tropical Fruit
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
Roast Beef Sandwich Broccoli Salad Cranberry Juice Wheat Bread Fig Newton	Peanut Butter & Jelly Sandwich Sliced Cucumber Orange Juice Wheat Bread Oatmeal Raisin Cookie	Cottage Cheese w/ Sliced Strawberries Carrot Raisin Salad Dinner Roll Chocolate Pudding	Ham & Cheese Swiss Sandwich Macaroni Salad Apple Juice Rye Bread Banana	Boiled Egg Three Bean Salad Grape Juice English Muffin Fruited Yogurt	BLT Bow Tie Pasta Salad w/ Chicken Carrot & Pineapple Salad Wheat Bread Lorna Doone	Tuna Salad Sandwich Cole Slaw w/ Carrots Fruit Punch Wheat Bread Tapioca Pudding
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
Roast Beef Sandwich on Rye Macaroni Salad w/ Carrots Apple	Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Chocolate Pudding	Turkey Sandwich on Wheat Potato Salad Cranberry Juice Fresh Banana	Peanut Butter & Jelly Grape Tomatoes Wheat Bread Fruited Yogurt	Egg Salad Broccoli Salad Wheat Roll Raisins	Cottage Cheese Three Bean Salad Pineapple Wheat Roll Tapioca Pudding	Swiss Cheese Sandwich w/ Lettuce & Tomato Coleslaw w/ Carrots Rye Bread Fresh Orange

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
Ham Sandwich on Rye Three Bean Salad Orange Juice Chocolate Pudding	Meatloaf Sandwich Hamburger Bun Coleslaw w/ Carrots Apple Juice Sugar Cookie	Cottage Cheese w/ Hard Boiled Egg Pickled Beet Salad Cranberry Juice Dinner Roll Banana	Roast Beef Sandwich on Wheat Spinach Salad w/ Shredded Carrots Strawberries	Chicken BLT Pasta Salad Pineapple Chunks Wheat Bread Oatmeal Cookies	Swiss Cheese w/ Lettuce Potato Salad w/ Carrots Wheat Bread Mandarin Oranges	Tuna Salad on Wheat Broccoli Salad Apple
Monday 28	Tuesday 29	Wednesday 30	Thursday 31			
Egg Salad on Wheat Pasta Salad w/ Broccoli Pears	Tuna Salad on Wheat Spinach Salad w/ Tomato & Carrots Cranberry Juice Lorna Doone	Cottage Cheese w/ Hard Boiled Egg Carrot Raisin Salad Orange Juice Wheat Bread Banana	Chicken Salad on Wheat Marinated Tomato & Cucumber Salad Peaches			