

November 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. 10/31/2017

		Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
		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
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
Ham & Swiss Cheese Sandwich Grape Tomatoes Tropical fruit salad Rye Bread Fig Newton	Cottage Cheese w/ Pineapple Pasta salad w/ Broccoli & Tomato Wheat Bread Rice Pudding	Turkey Sandwich Carrot & Raisin Salad V-8 Juice Wheat Bread Graham Crackers	Tuna Salad Plate w/ Bed of Lettuce Chickpea Salad Mandarin Oranges Dinner roll Oatmeal Cookie	Egg Salad Sandwich Three Bean Salad Hamburger Bun Applesauce Graham Crackers	Roast Beef Sandwich Carrots & Pineapple Salad Orange Juice Wheat Bread Lorna Doone	Peanut Butter & Jelly Sandwich Cole Slaw Grape Juice English Muffin Banana
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
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
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
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	Closed Thanksgiving	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
Monday 27	Tuesday 28	Wednesday 29	Thursday 30			
Peanut Butter & Jelly Sandwich Beet & Mandarin Orange Salad V-8 Juice Wheat Bread Fruited Yogurt	Chicken Salad Sandwich Marinated Cucumber & Tomato salad Wheat Bread Pineapple Chunks	Tuna Salad Sandwich Spinach Salad w/ Tomato & Carrots Hamburger Bun Orange	Cottage Cheese w/ Peaches Cole Slaw w/ Carrots English Muffin Oatmeal Raisin Cookie			