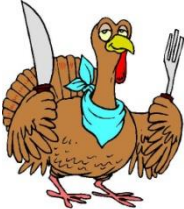




**November  
2018  
Cold Meals**

**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.  
11/2/2018

Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
			<b>Chicken Salad Sandwich w/ Lettuce</b> Pasta Salad w/ Broccoli Peaches	<b>Egg Salad Sandwich w/ Lettuce</b> Pickled Beet Salad Mandarin Oranges Vanilla Wafer Cookies	<b>Tuna Salad Sandwich w/ Lettuce</b> Carrot & Raisin Salad Apple	<b>Turkey Sandwich w/ Lettuce and Tomato</b> Coleslaw w/ Carrots Fresh Apple Vanilla Pudding
5	6	7	8	9	10	11
<b>Ham and Swiss Cheese Sandwich w/ Lettuce</b> Grape Tomatoes with Ranch Fruited Yogurt	<b>Cottage Cheese w/ Pineapple</b> Pasta Salad w/ Broccoli & Tomato Whole Wheat English Muffin Rice Pudding	<b>Tuna Salad Plate w/ Lettuce</b> Chickpea Salad Mandarin Oranges Dinner Roll Oatmeal Cookie	<b>Turkey Sandwich w/ Lettuce and Tomato</b> Carrot & Raisin Salad Applesauce	<b>Egg Salad Sandwich w/ Lettuce</b> Three Bean Salad V-8 Juice Chocolate Pudding	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> Coleslaw w/ Carrots Orange Lorna Doone	<b>Peanut Butter &amp; Jelly on English Muffin</b> Carrot & Pineapple Salad Banana
12	13	14	15	16	17	18
<b>Turkey Sandwich w/ Lettuce and Tomato</b> Carrots & Pineapple Salad V-8 Juice Vanilla Wafer	<b>Egg Salad Sandwich w/ Lettuce</b> Pickled Beets Apple Juice Lorna Doone	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> Broccoli Salad Oatmeal Cookie Apple	<b>Chicken Salad Sandwich w/ Lettuce</b> Carrot & Raisin Salad Grape Juice Fresh Banana	<b>Peanut And Jelly On English Muffin</b> Sliced Cucumbers w/ Ranch Orange Juice Fruited Yogurt	<b>Cottage Cheese w/ Pineapple</b> Three Bean Salad Dinner Roll Fig Newton	<b>Swiss Cheese Sandwich w/ Lettuce</b> Grape Tomatoes in Ranch Fresh Orange

Cookies						
19	20	21	22	23	24	25
<b>Meatloaf Sandwich</b> Coleslaw w/ Carrots Plums Oatmeal Cookie	<b>Ham Sandwich w/ Lettuce and Tomato</b> Spinach Salad w/ French Dressing Fruit Punch Chocolate Pudding	<b>Cottage Cheese w/ Hard Boiled Egg</b> Carrot Raisin Salad Banana Wheat Bread Sugar Cookie	<b>CLOSED</b> <b>Happy Thanksgiving</b> 	<b>Swiss Cheese Sandwich w/ Lettuce</b> Three Bean Salad Raisins	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> V-8 Juice Apple Fig Newton	<b>Tuna Salad w/ Lettuce</b> Potato Salads w/ Carrots Grape Juice Lorna Doone
26	27	28	29	30		
<b>Peanut Butter &amp; Jelly Sandwich</b> Beet & Mandarin Orange Salad V-8 Juice Fruited Yogurt	<b>Chicken Salad Sandwich w/ Lettuce</b> Marinated Cucumber & Tomato Salad Pineapple Chunks	<b>Tuna Salad Sandwich w/ Lettuce</b> Spinach Salad w/ Italian Dressing Orange Vanilla Wafer Cookies	<b>Cottage Cheese w/ Peaches</b> Coleslaw w/ Carrots Wheat English Muffin Oatmeal Raisin Cookie	<b>Egg Salad Plate w/ Lettuce</b> Pasta Salad w/ Broccoli and Tomatoes Pineapple Orange Juice Whole Wheat Bread Lorna Doone		